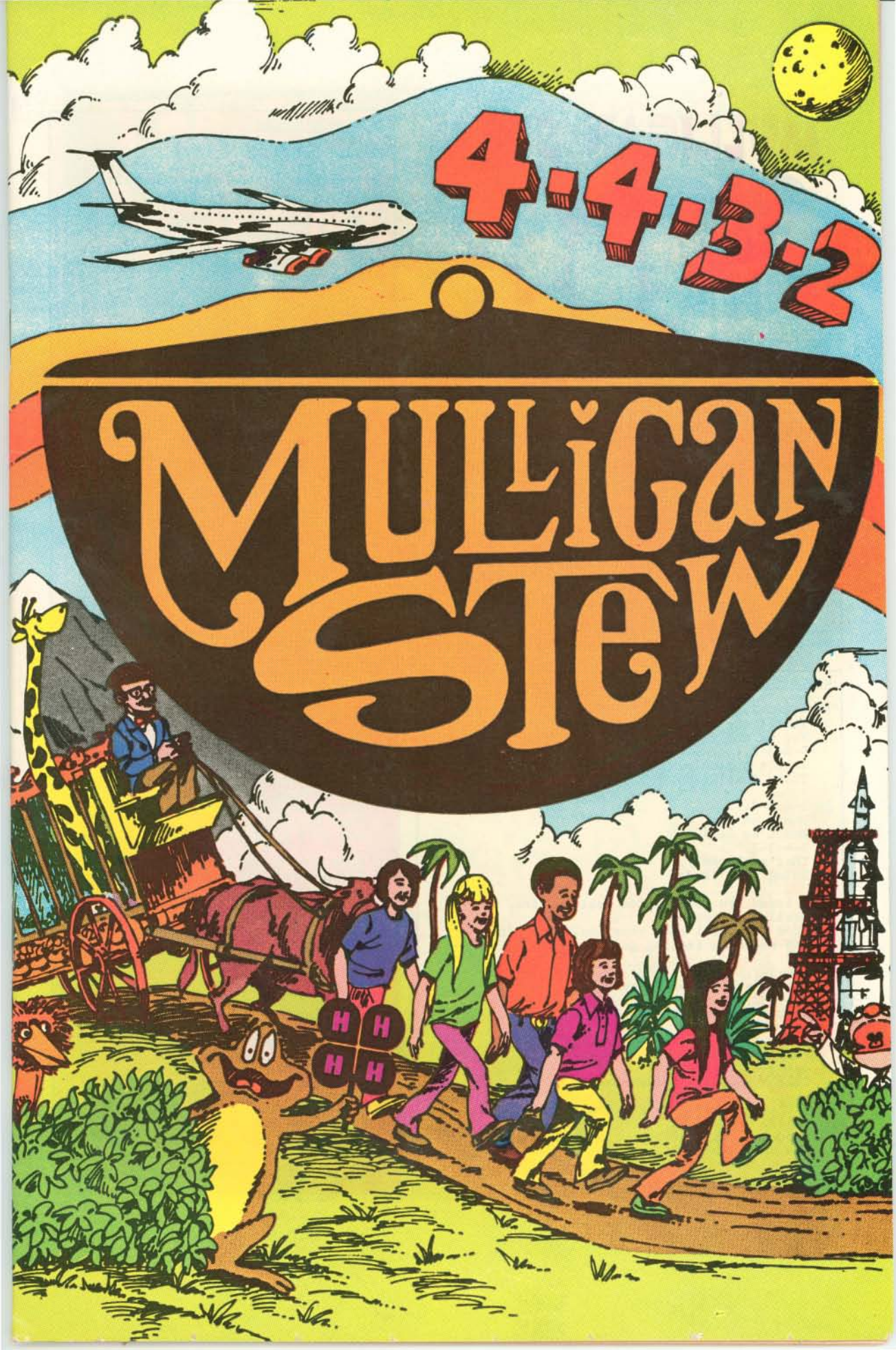

4·4·3·2
MULLIGAN STEW

MULLIGAN STEW SONGS TO SING

FAD FOODS AND QUICK DIETS

1. Fad foods and quick diets,
   Are bad for you so don't try it,
   They'll slow you down, slow you down,
   And that is why, that is why,
   They're no good for you.

2. There's only one way to keep your body in line,
   There's only one way for feeling fine,
   There's only one way and it's yours and mine,
   That's eating a balanced diet.

   Repeat 1.

3. There's only one way for feeling good,
   There's only one way and it's understood,
   There's only one way and I wish you would,
   Keep eating a balanced diet.

   Repeat 1.

4 - 4 - 3 - 2

1. 4-4-3-2,
   That's the formula,
   For me and you,
   4-4-3-2,
   That's the only,
   Thing that'll do.

2. 2-4-6-8.
   Hurry on now,
   Don't be late.
   4-4-3-2,
   That's the only,
   Thing that'll do.

3. A brand new formula for feeling fine,
   Easily understood,
   Good food will keep your health in line,
   And keep you feeling good.

4. 4-4-3-2,
   Eating's fine for me and you,
   4-4-3-2,
   That's the only way that'll do.

5. 4-4-3-2,
   That's the formula for me and you,
   4-4-3-2,
   That's the only thing that'll do.

6. A brand new formula for feeling fine,
   Easily understood,
   Good food will keep your health in line,
   And keep you feeling good.

   Repeat 6.

EVERYBODY'S BODY

1. Everybody's body needs vitamins,
   Proteins, Carbohydrates, and Fats,
   Everybody's body needs minerals,
   Everybody has to know that.

2. Don't leave out a thing,
   Cause everybody knows,
   Nutrients are the things,
   That help our bodies,
   Live and grow.

3. Everybody's body,
   Every living thing,
   Builds a strong body out of
   Pro - Pro - Protein.
   Vitamins are the nutrients,
   In the things we eat,
   Keeps you fit and healthy,
   From your head down to your feet.

   Repeat 1.

   Repeat 2.

4. Everybody's body,
   Has minerals in small amounts,
   The quanity is small,
   But it's getting them that counts,
   Fat and Carbohydrates,
   Are needed in you're diet,
   You can't go on without them,
   So nobody should try it.

   Repeat 1.

   Everybody has to know that,
   Everybody has to know that,
   Everybody has to know that.

GOOD NUTRITION

1. When you're on top of the scene,
   There's no place to go but up,
   Feeling on top of a dream,
   Knowing you've got your cup,
   Overflowing with that Good Nutrition,
   Good Nutrition, Good Nutrition,
   Good Nutrition,
   And it's alright with me.

2. When you've got love in your heart,
   There's nothing to do but smile,
   Feeling so cool and smart,
   Knowing that all the while,
   You've got Good Nutrition,
   Good Nutrition, Good Nutrition,
   Good Nutrition,
   And it's alright with me.

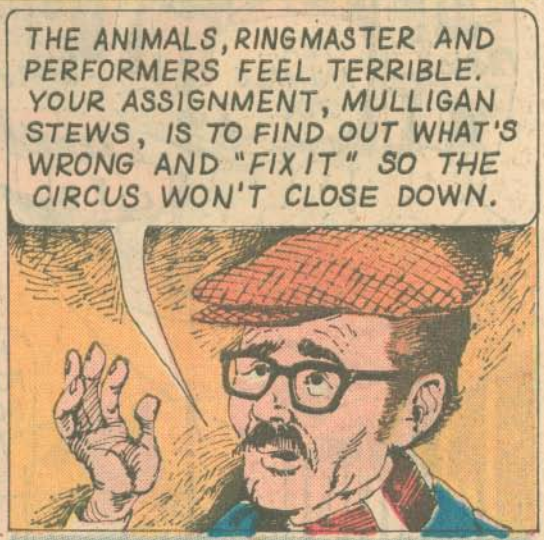
3. Give me a bright day,
   With sunshine and flowers,
   Or if you've got raindrops,
   And windy day showers,
   It doesn't matter to me,
   Not at all to me,
   I can handle the cold days,
   Or laugh in the warm ones,
   Knowing I've got Nutrition,
   To keep me happy, healthy
   and alive!

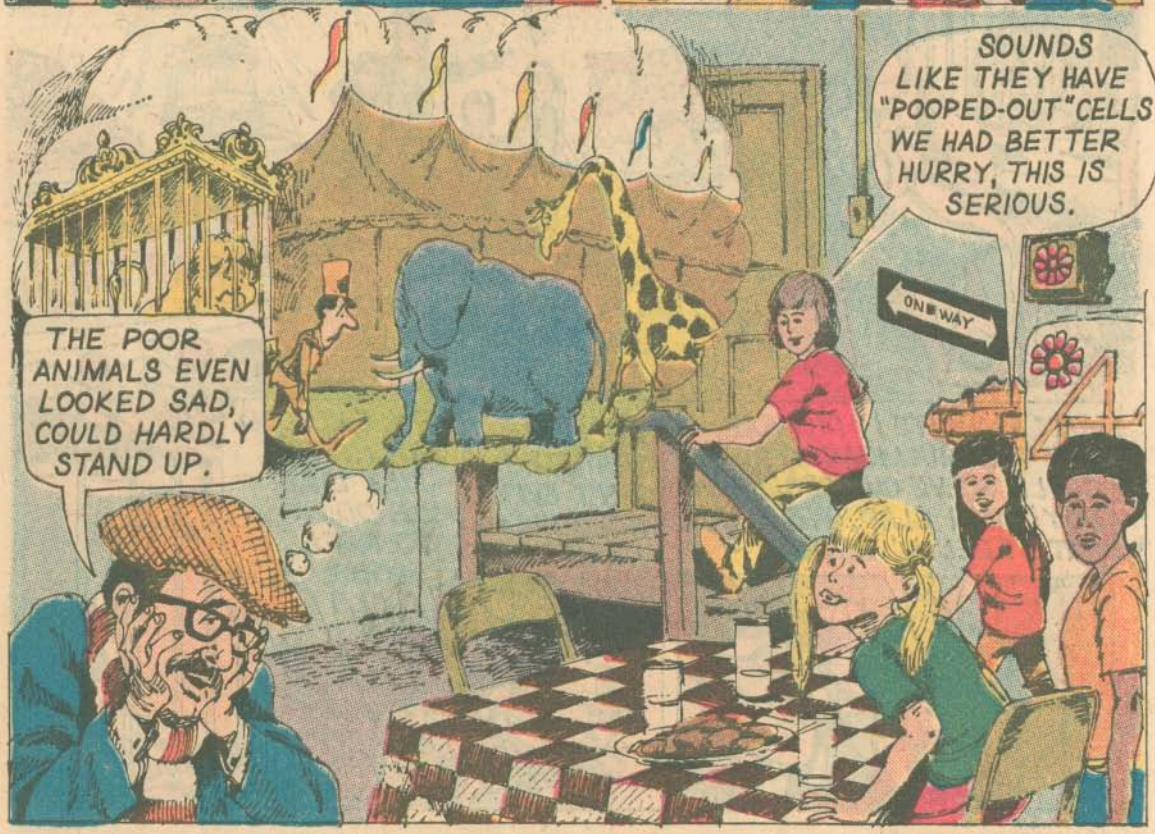
   Repeat 2.

   Repeat 1.

The Great NUTRITION Turn On

WRITE YOUR NAME HERE

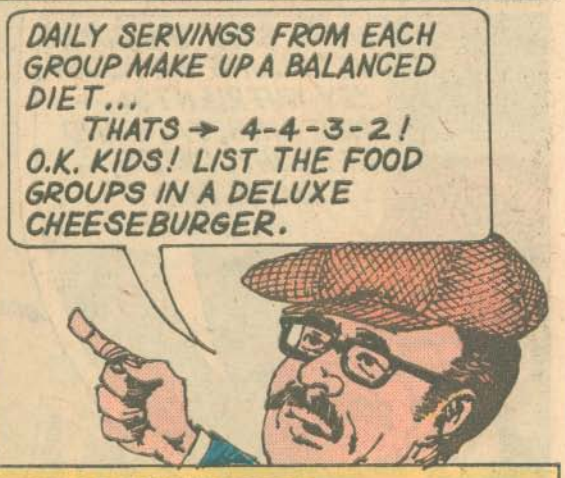




MAYBE IT'S LIKE THE FOLKS OF "LAZY SUSAN" BET THEY'RE NOT EATING RIGHT. RIGHT?
YEA... ANIMALS TOO.
LOOK! THE WHOLE CIRCUS IS ASLEEP! EVEN THE RINGMASTER.
HEY MR. RINGMASTER, THE MULLIGAN STEW FORCE IS HERE TO SOLVE THE PROBLEM, SO THE CIRCUS WILL KEEP GOING AND "TURN ON" THE THOUSANDS OF KIDS THAT WILL BE HERE.
GO AWAY... WE'RE ALL TOO TIRED TO SOLVE PROBLEMS.
WAIT A MINUTE! DID YOU SAY THE MULLIGAN STEWS COULD SOLVE OUR PROBLEM? BOY! AM I GLAD, WE ALL HATE FEELIN' LOUSY.
LOOK AT THAT... HE CAN'T EVEN HOLD HIS HEAD UP! WHAT'S WRONG?
HE NEEDS GOOD NUTRITION JUST LIKE WE DO.... TO FEEL GOOD.

4-4-3-2 MAGIC CLUE — WRITE IN THE FOUR FOOD GROUPS

- 4 SERVINGS FROM B____ & C_____ GROUP
- 4 SERVINGS FROM F____ & V_____ GROUP
- 3 SERVINGS FROM M__K GROUP
- 2 SERVINGS FROM M___ GROUP



WRITE THE FOOD GROUPS IN A CHEESEBURGER

1. BUN COMES FROM _____ & _____ GROUP
2. HAMBURGER FROM _____ GROUP
3. CHEESE FROM _____ GROUP
4. LETTUCE AND TOMATO FROM _____ & _____ GROUP

ANSWERS → 1. BREAD & CEREAL 2. MEAT 3. MILK 4. FRUIT & VEGETABLE

THE PURPOSE OF FOOD IS THE SAME FOR US AND ANIMALS: FOR ENERGY, GROWTH, TO FEEL GOOD AND LOOK GOOD.
RIGHT ON! BUT I'D HATE TO EAT HAMBURGERS.
YEAH, BUT ANIMALS NEED DIFFERENT FOOD FROM HUMANS. I SURE WOULD HATE TO HAVE TO EAT HAY!
WE'LL SAVE THE CIRCUS BY TELLING 'EM ABOUT KEY NUTRIENTS: PROTEINS, FATS AND CARBOHYDRATES, VITAMINS AND MINERALS.
PROTEIN IS GREAT FOR MUSCLES. IT HELPS BUILD AND REPAIR ALL CELLS OF OUR BODY.

CARBOHYDRATES GIVE US LOTS OF QUICK ENERGY.

FATS GIVE PEOPLE LOTS OF ENERGY TOO... STAYS IN YOUR STOMACH LONGER SO YOU DON'T GET HUNGRY SOON AFTER EATING.

VITAMINS HELP OTHER NUTRIENTS DO THEIR JOB.

VITAMIN A FOR HEALTHY SKIN... AND TO HELP US SEE IN THE DARK.

VITAMIN C HELPS HOLD OUR BODY CELLS TOGETHER, IT ALSO HELPS TO HEAL WOUNDS.

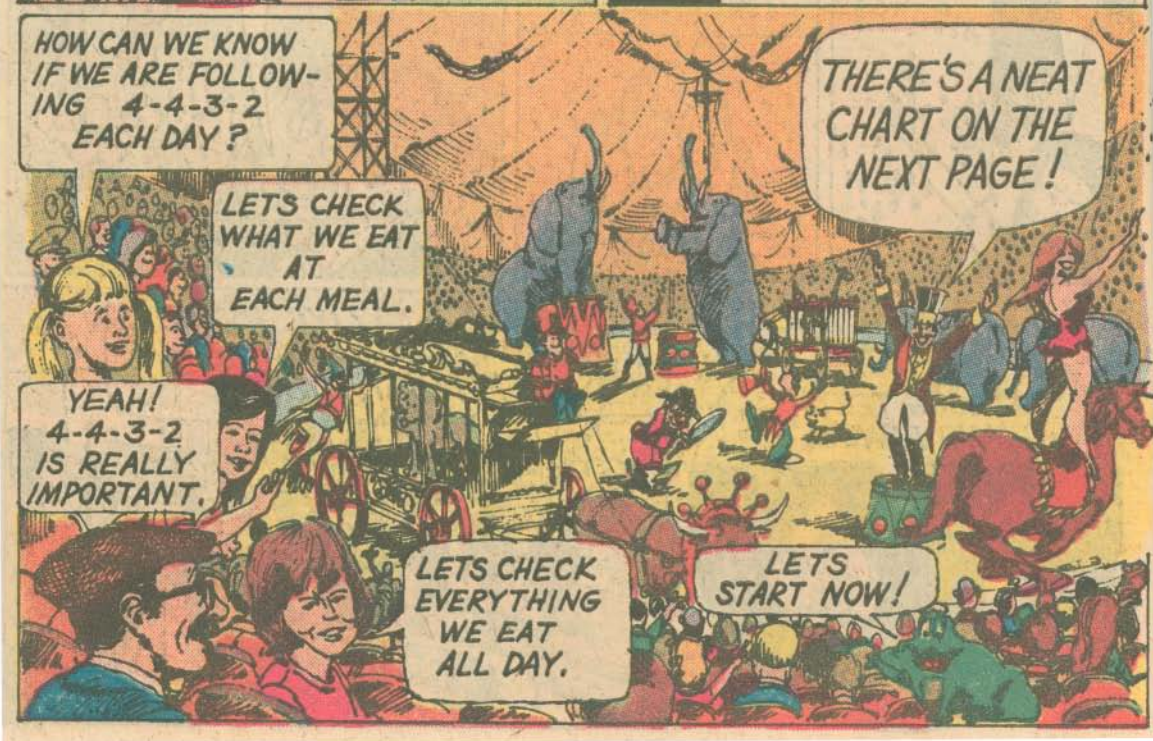
VITAMIN D FOR STRONG TEETH AND BONES.

MINERALS... LIKE IODINE IRON AND CALCIUM ARE ALSO NUTRIENTS.

BECAUSE IT GIVES US.....

E_ _e r_ _Y makes us
G_ _o w_, makes us
L o_ _k Good & D o Good!

4	DAILY SERVINGS FROM B_____ & C_____
4	DAILY SERVINGS FROM F_____ & V_____
3	DAILY SERVINGS FROM M_____K GROUP
2	DAILY SERVINGS FROM M_____T GROUP



Daily Food Guide

some choices for thrifty families

Follow The Food Guide Every Day

Vegetable-Fruit Group

4 or more SERVINGS

4 or more SERVINGS

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING ½ CUP (RAW OR COOKED)

OR 1 PORTION SUCH AS

Bread-Cereal Group

Whole grain or enriched.

EVERY DAY EAT FOODS FROM EACH GROUP.

4 or more SERVINGS

BREAD-CEREAL GROUP
(WHOLE GRAIN OR ENRICHED)
COUNT AS A SERVING

1 SLICE OF BREAD OR 1 BISCUIT
OR 1 OUNCE READY-TO-EAT CEREAL
OR ½ CUP TO A COOKED CEREAL,
CORNMEAL, GRITS, MACARONI, RICE OR SPAGHETTI

Milk Group

some for EVERYONE

3 or more SERVINGS

MILK GROUP

COUNT AS A SERVING 1 CUP OF MILK.

CHILDREN UNDER 9 TO .
CHILDREN 9-12 OR MORE.
TEENAGERS OR MORE.
ADULTS OR MORE.

CHEESE CAN BE USED FOR PART OF THE MILK

Meat Group

2 or more SERVINGS

2 or more SERVINGS

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT POULTRY OR FISH - SUCH AS:

A HAMBURGER OR A CHICKEN LEG
OR A FISH ALSO 2 EGGS .

OR 1 CUP COOKED DRY BEANS OR PEAS.

OR 4 TABLESPOONS PEANUT BUTTER

MY OWN
4-4-3-2 WEEKLY FOOD CHART

	FRUIT + VEGETABLE				BREAD + CEREAL				MILK				MEAT				STAR ★
	B	L	D	S	B	L	D	S	B	L	D	S	B	L	D	S	
MONDAY																	
TUESDAY																	
WEDNESDAY																	
THURSDAY																	
FRIDAY																	
SATURDAY																	
SUNDAY																	

NAME

WEEK OF

TOTAL STARS

B - Breakfast L - Lunch

D - Dinner or Supper S - Snack

DIRECTIONS: After every meal or snack, make a check mark for the number of servings you ate from each food group. Draw a star for the day when you eat 4-4-3-2.

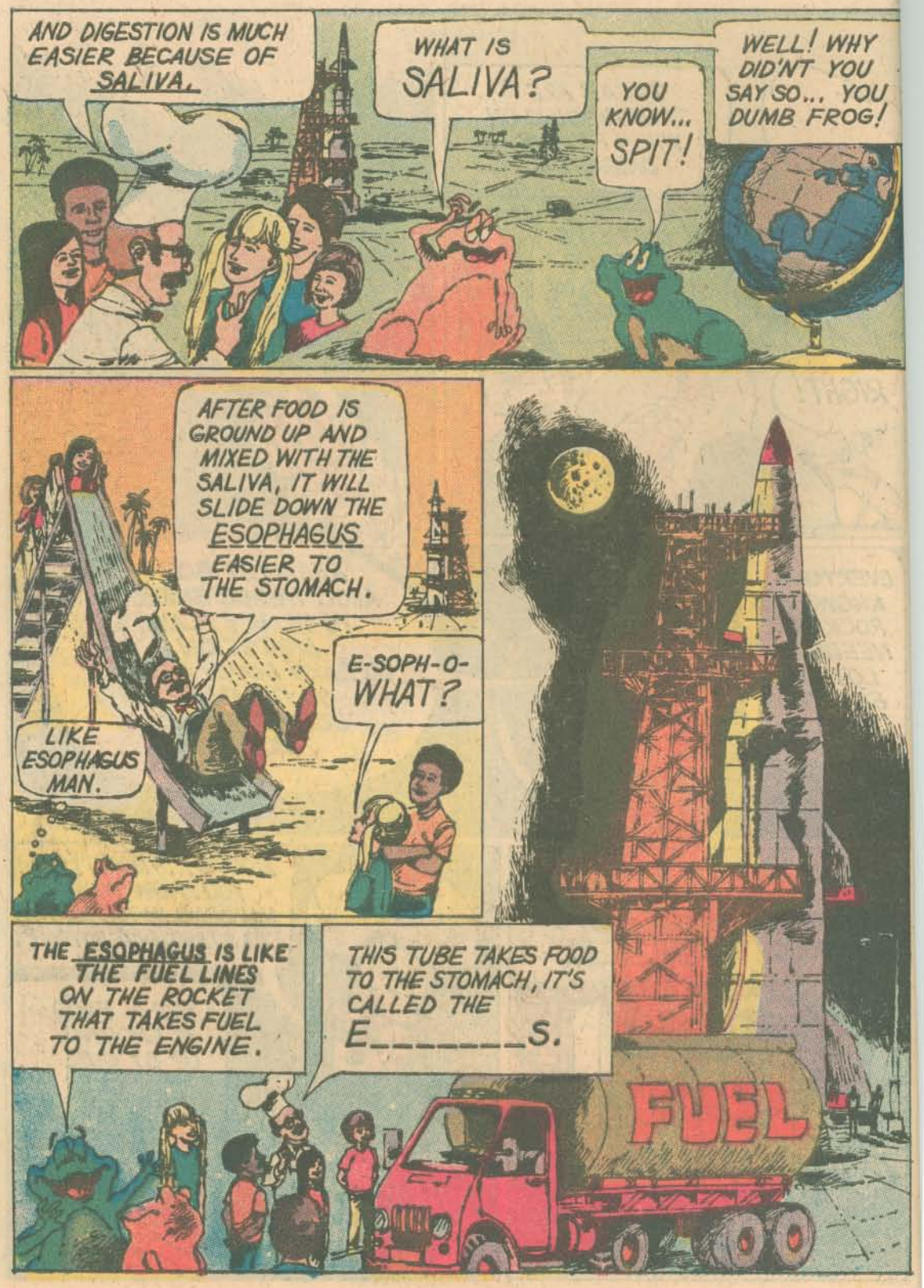
LOOK INSIDE YOURSELF

YOUR NAME _____

IN THIS STORY THE GANG TALKS ABOUT
① BREAKFAST
② 4-4-3-2 MAGIC CLUE
③ DIGESTION

IT HAS FOOD FROM ALL FOUR FOOD GROUPS: BREAD AND CEREAL, FRUIT AND VEGETABLE, MILK GROUP, AND MEAT GROUP. WE NEED FOODS FROM ALL FOUR GROUPS EVERY DAY.
OK! NOW GANG, YOUR JOB IS TO LEARN 3 THINGS:
(1) WRITE THE KEY NUTRIENTS.
(2) NAME BODY PARTS IN DIGESTION.
(3) REVIEW THE 4-4-3-2.... MAGIC CLUE
YOU WILL DO THESE AS YOU READ THE STORY.
HEY, WILBUR, WHAT DO YOU MEAN BY KEY NUTRIENTS?
PROTEIN, VITAMINS AND MINERALS, CARBOHYDRATES AND FATS, ARE CALLED KEY NU_____TS
FILL IN MISSING LETTERS
BUT WILBUR, HOW DO THE NUTRIENTS HELP US LIVE & GROW.
FIRST THEY HAVE TO BE BROKEN DOWN FROM OUR FOOD BY OUR BODY. THAT IS KNOWN AS DIGESTION.

THERE ARE THINGS GOING ON WHEN FOOD IS DIGESTED.
IS IT LIKE GETTING ENERGY IN A ROCKET?
RIGHT!
EVERYONE KNOWS A ROCKET NEEDS A LOT OF ENERGY TO FLY.
A HEALTHY BODY ALSO NEEDS ENERGY TO WORK & PLAY. DIGESTION BREAKS DOWN FOOD SO IT CAN BE USED BY YOUR BODY.
FUEL IS PUT INTO A ROCKET IN THE FILLER VALVE. FOOD ENTERS THE BODY THROUGH THE M___H.
FUEL
MOUTH... RIGHT! DO YOU KNOW WHAT HAPPENS IN THE MOUTH TO START DIGESTION?
YEP... FOOD IS GROUND UP BY OUR T___H
ANSWER: TEETH


AND DIGESTION IS MUCH EASIER BECAUSE OF SALIVA.
WHAT IS SALIVA?
YOU KNOW... SPIT!
WELL! WHY DID'NT YOU SAY SO... YOU DUMB FROG!
AFTER FOOD IS GROUND UP AND MIXED WITH THE SALIVA, IT WILL SLIDE DOWN THE ESOPHAGUS EASIER TO THE STOMACH.
E-SOPH-O-WHAT?
LIKE ESOPHAGUS MAN.
THE ESOPHAGUS IS LIKE THE FUEL LINES ON THE ROCKET THAT TAKES FUEL TO THE ENGINE.
THIS TUBE TAKES FOOD TO THE STOMACH, IT'S CALLED THE E_____S.
FUEL

RIGHT... THIS TUBE OR ESOPHAGUS CARRIES OUR FOOD TO THE STOMACH.

THEN WHAT HAPPENS TO THE FOOD?

IN THE STOMACH, THE FOOD IS MIXED WITH DIGESTIVE JUICES, TO BREAK IT DOWN SO IT CAN GO INTO OUR BLOOD STREAM & BE TAKEN TO THE CELLS.

FOOD SUPPLIES NUTRIENTS NEEDED TO BUILD AND REPAIR CELLS AND GIVE US ENERGY.

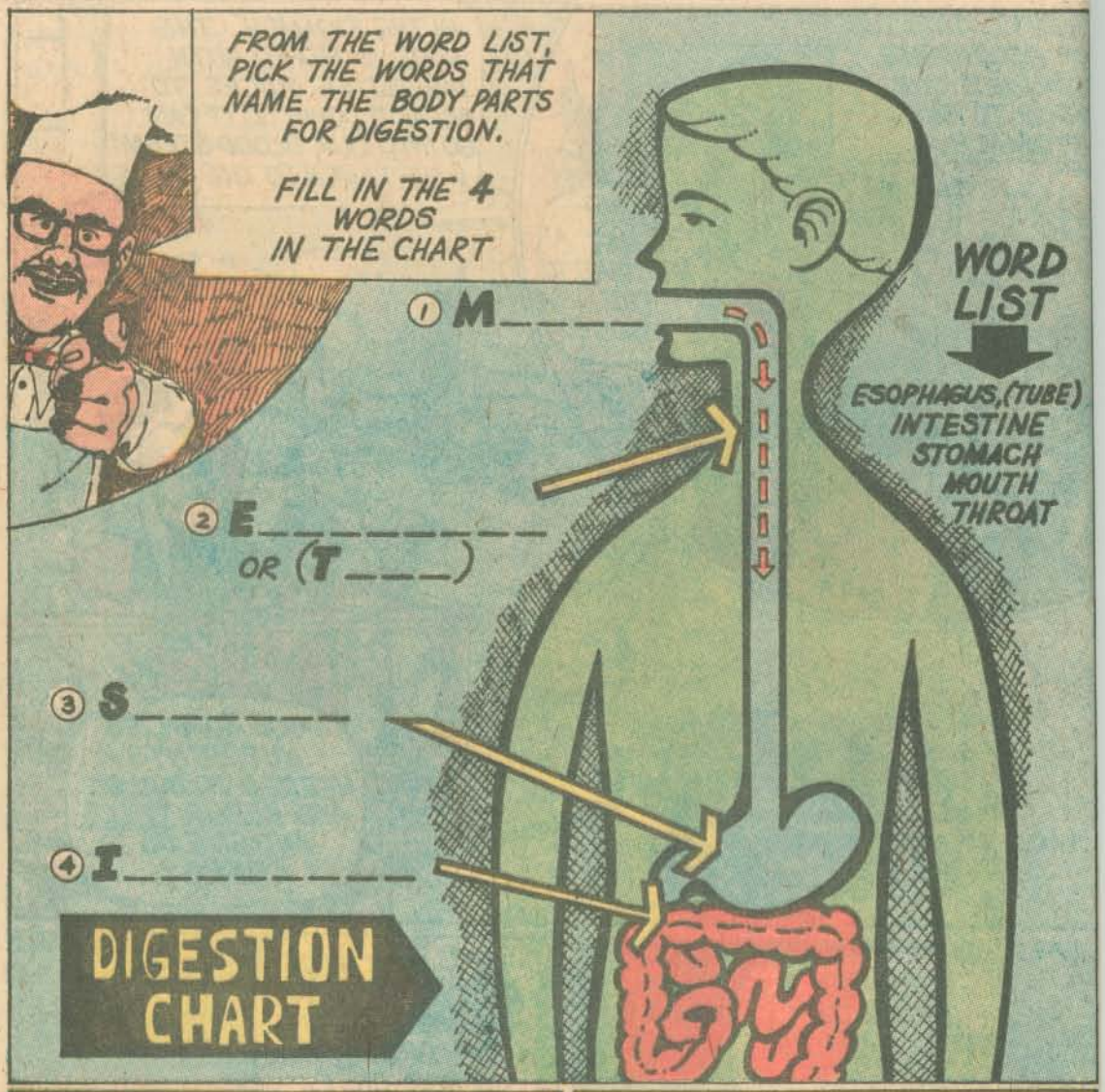
LIKE THE PROTEIN MAINLY FROM THE MEAT & MILK GROUPS.

OUR BODY USES PROTEIN TO HELP REPAIR AND TO BUILD NEW C_ _ _ S.

OK! KIDS TELL ME ONE REASON WE NEED LOTS OF PROTEIN IN OUR DIET.

TO HELP BUILD AND REPAIR CELLS.

YOU ARE RIGHT MULLIGANS.



A BALANCED DIET IS 4-4-3-2 AND THAT MEANS

___ SERVINGS • BREAD & CEREAL

___ SERVINGS • FRUIT & VEGS.

___ SERVINGS • _____GROUP

___ SERVINGS • _____GROUP

ANSWERS

DIGESTION CHART

1. MOUTH
2. ESOPHAGUS
3. STOMACH
4. INTESTINE

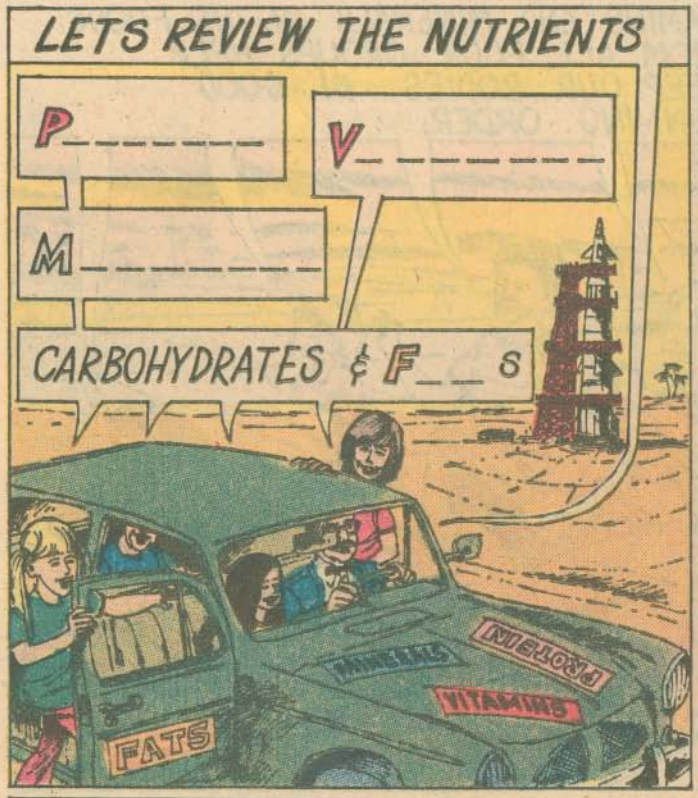
4-4-3-2 CHART

4 SERVINGS BREAD & CEREAL
4 SERVINGS FRUIT & VEGS.
3 SERVINGS MILK GROUP
2 SERVINGS MEAT GROUP

VITAMINS AND MINERALS IN THE FOODS FROM ALL FOUR GROUPS HELP KEEP OUR BODIES IN GOOD RUNNING ORDER.

YOU SAY VITAMINS AND MINERALS ARE IN THE FOODS FROM ALL FOUR GROUPS.

ENERGY COMES FROM ALL FOUR FOOD GROUPS BUT MAINLY FROM THE CARBOHYDRATES AND F_ _ S IN THE FOODS WE EAT.
CARBOHYDRATES AND FATS.



A BALANCED DIET IS 4-4-3-2 AND THAT MEANS _AT LEAST

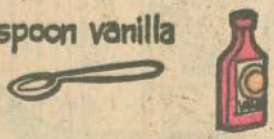
__ SERVINGS - BREAD & CEREAL
__ SERVINGS - FRUIT & VEGETABLE
__ SERVINGS - _____ GROUP
__ SERVINGS - _____ GROUP

WILBUR, WE KNOW YOUR MOON FOOD HAS FOOD FROM ALL FOUR FOOD GROUPS, BUT WE WANT SOME FRUIT AND NO-BAKE COOKIES — TOGETHER THEY GIVE US FOODS FROM ALL FOUR FOOD GROUPS! BESIDES THEY TASTE GREAT! LET'S MAKE SOME COOKIES QUICK — TURN THE PAGE FOR THE RECIPE —

We will need....

2 cups sugar

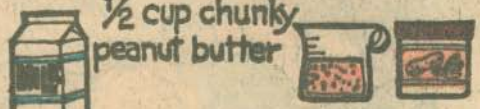
1 teaspoon vanilla



¼ cup cocoa

1 pinch salt

½ cup chunky peanut butter



½ cup milk

3 cups quick cooking oatmeal

¼ pound margarine

EASY STEPS TO FOLLOW
No Bake Cookies

1

Mix in Pan:
2 cups sugar
¼ cup cocoa
½ cup milk
¼ pound oleo

2

Put on medium heat & cook till it starts to boil.

3

Remove from heat. Cool for one minute.

4

Add:
1 teaspoon vanilla
1 pinch salt
½ cup chunky peanut butter
3 cups quick cooking oatmeal

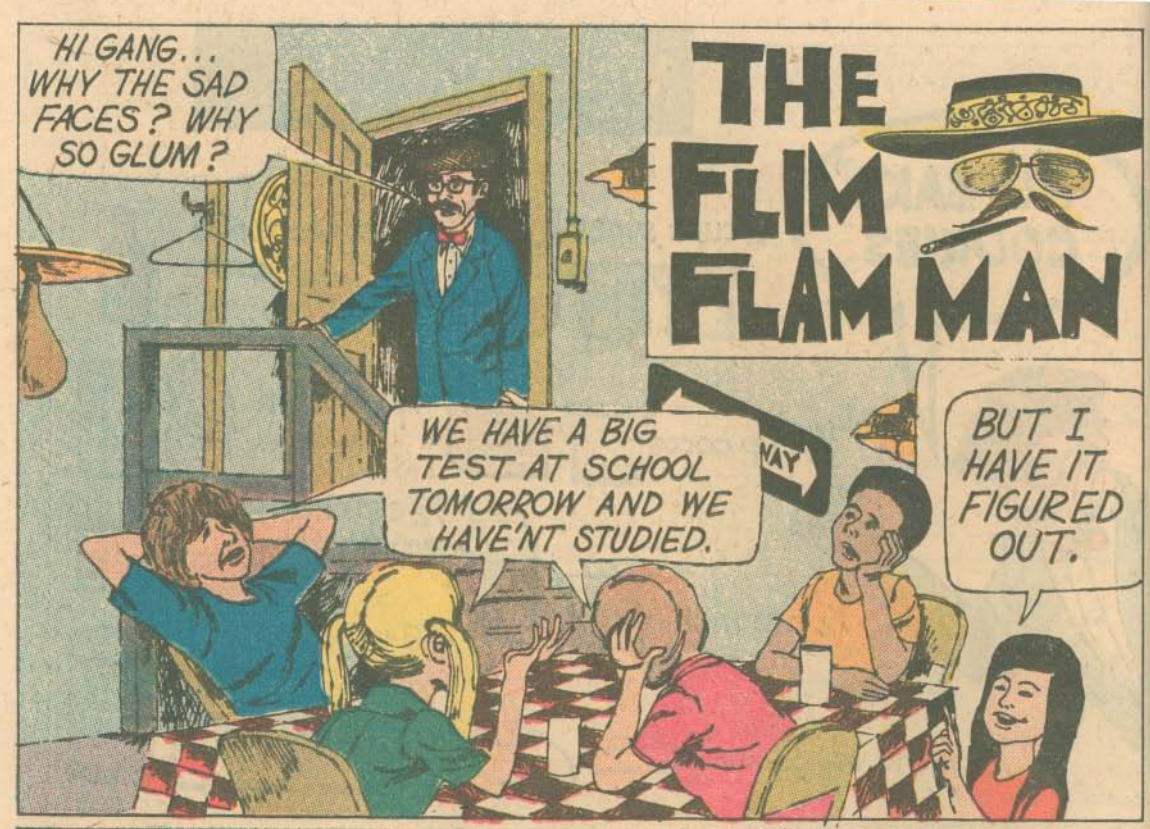
5

Stir well

6

Drop by teaspoonfuls on wax paper

7


THE FLIM FLAM MAN
HI GANG... WHY THE SAD FACES? WHY SO GLUM?
WE HAVE A BIG TEST AT SCHOOL TOMORROW AND WE HAVE'NT STUDIED.
BUT I HAVE IT FIGURED OUT.

YOU MEAN WE DON'T HAVE TO STUDY AND WE CAN STILL PASS THE TEST? WOW! GREAT!

YEAH! WE'LL GO TO THE FORTUNE TELLER. SHE'LL GIVE US THE ANSWERS BEFORE WE SEE THE TEST.
ONE WAY

YOU KIDS BETTER NOT. THAT'S NOT THE WAY... IT WON'T WORK!
MULLIGAN IS RIGHT, YOU CAN'T GET SOMETHING FOR NOTHING. BETTER NOT TRY IT!
ONE WAY

GREAT... WE'LL PASS THE TEST AND GET 'A'
YEAH... WITH NO HOMEWORK, WE CAN GO WITH TV TONIGHT.
THIS SURE BEATS DOING HOMEWORK!
I'M GOING TO PLAY BALL!

SURE HATE NOT BEING WITH THE GANG, BUT WHAT THEY'RE DOING IS WRONG. I'M GOING TO STUDY FOR THE TEST.

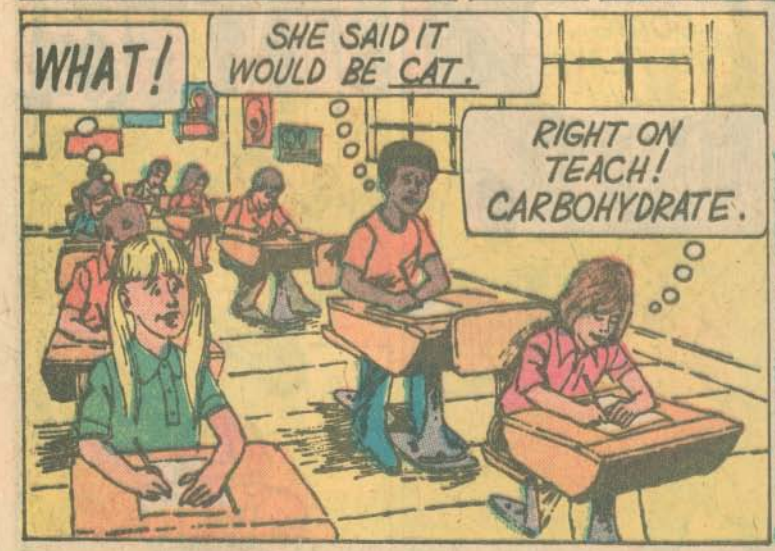
I SEE A LONG LIST OF WORDS.
THAT MUST BE OUR SPELLING TEST ALRIGHT.

IT'S NOT VERY CLEAR... BUT FOR ANOTHER 25¢ FROM EACH OF YOU, I'LL BE ABLE TO CLEAR IT UP.
OK, OK, HERE'S ANOTHER QUARTER, WHAT'S THE WORDS?

OK!... THE WORDS ON THE TEST ARE... CAT, DOG, RUN, JUMP, COW...
I CAN'T BELIEVE IT'S SO EASY. IT'S 1st GRADE STUFF!

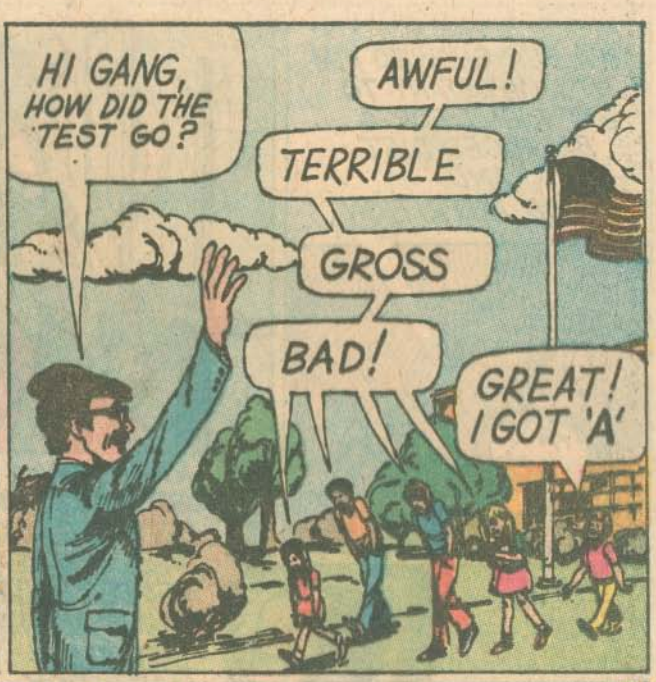
LATER

THE FIRST WORD IS ABOUT NUTRITION... IT IS CARBOHYDRATE


WHAT!
SHE SAID IT WOULD BE CAT.
RIGHT ON TEACH! CARBOHYDRATE.

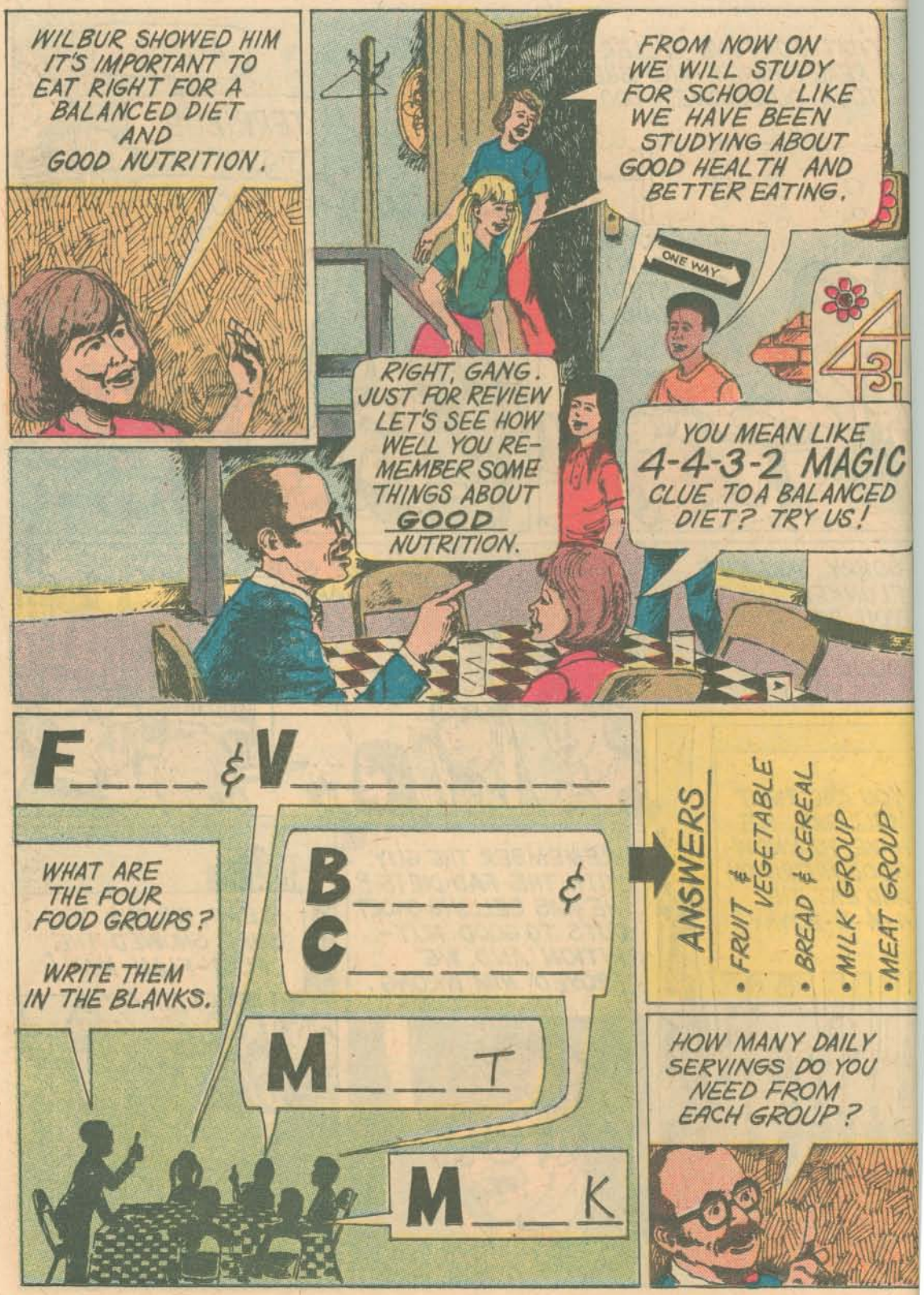
THE NEXT WORD HAS TO DO WITH BUILDING STRONG BODIES. IT IS PROTEIN.

THAT FORTUNE TELLER IS A REAL PHONEY AND SHE TOOK OUR MONEY TOO.
BOY, AM I GLAD I STUDIED– THIS TEST IS EASY

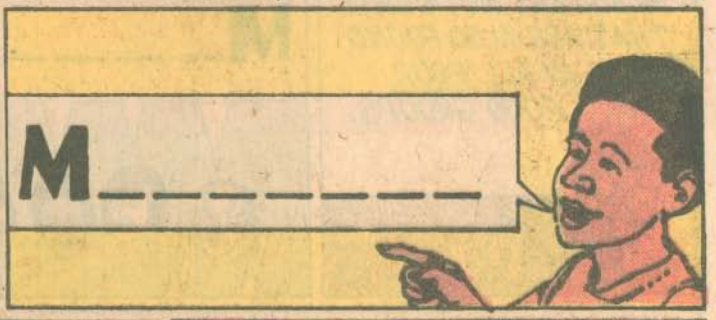

HI GANG, HOW DID THE TEST GO?
AWFUL!
TERRIBLE
GROSS
BAD!
GREAT! I GOT 'A'

SORRY YOU KIDS FLUNKED THE TEST. YOU DON'T GET GOOD MARKS OR GOOD HEALTH UNLESS YOU WORK AT IT.
YOU ARE RIGHT MULLIGAN. WE HAVE TO KNOW GOOD NUTRITION AND EAT THE 4-4-3-2 WAY!

WE SURE LEARNED OUR LESSON.
REMEMBER THE GUY WITH THE FAD DIETS? HE WAS SELLING SHORT CUTS TO GOOD NUTRITION AND WE PROVED HIM WRONG.
YEAH, WILBUR YOU SURE SHOWED THE FLIM-FLAM-MAN!


WILBUR SHOWED HIM IT'S IMPORTANT TO EAT RIGHT FOR A BALANCED DIET AND GOOD NUTRITION.
FROM NOW ON WE WILL STUDY FOR SCHOOL LIKE WE HAVE BEEN STUDYING ABOUT GOOD HEALTH AND BETTER EATING.
ONE WAY
RIGHT, GANG. JUST FOR REVIEW LET'S SEE HOW WELL YOU REMEMBER SOME THINGS ABOUT GOOD NUTRITION.
YOU MEAN LIKE 4-4-3-2 MAGIC CLUE TO A BALANCED DIET? TRY US!
F____ & V_____
WHAT ARE THE FOUR FOOD GROUPS? WRITE THEM IN THE BLANKS.
B____ &
C_____
M___T
M___K
ANSWERS
• FRUIT & VEGETABLE
• BREAD & CEREAL
• MILK GROUP
• MEAT GROUP
HOW MANY DAILY SERVINGS DO YOU NEED FROM EACH GROUP?

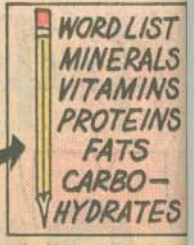
FILL IN NUTRIENTS BY CHOOSING WORDS FROM THE LIST IN THE BOX BELOW

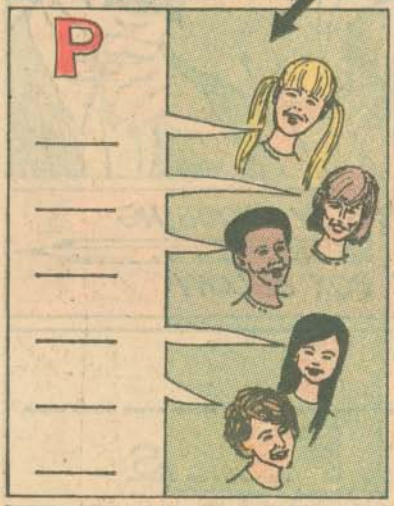


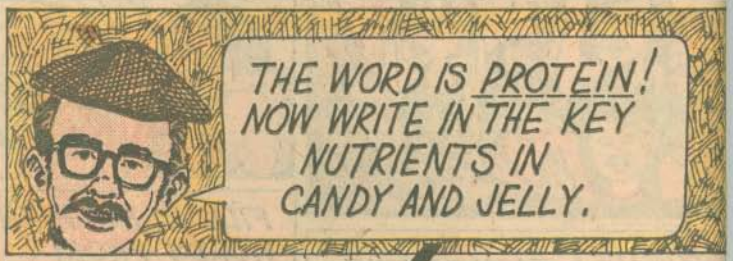
WORD LIST

FATS
VITAMINS
CARBOHYDRATES
MINERALS
PROTEINS

A KEY NUTRIENT WE GET FROM MEAT, FISH, EGGS, PEAS, BEANS AND NUTS HELPS BUILD STRONG BODIES. NAME THIS KEY NUTRIENT IN THE NEXT SQUARE.



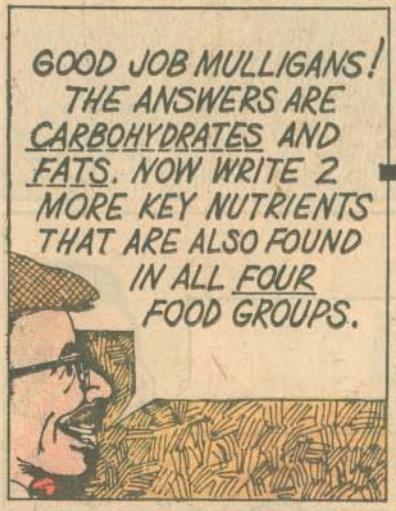




C_____

F_____S

NOW WRITE THE KEY NUTRIENTS IN MARGARINE, BUTTER & SALAD DRESSING.



V_____

and

M_____

CORRECT... THEY ARE VITAMINS and MINERALS

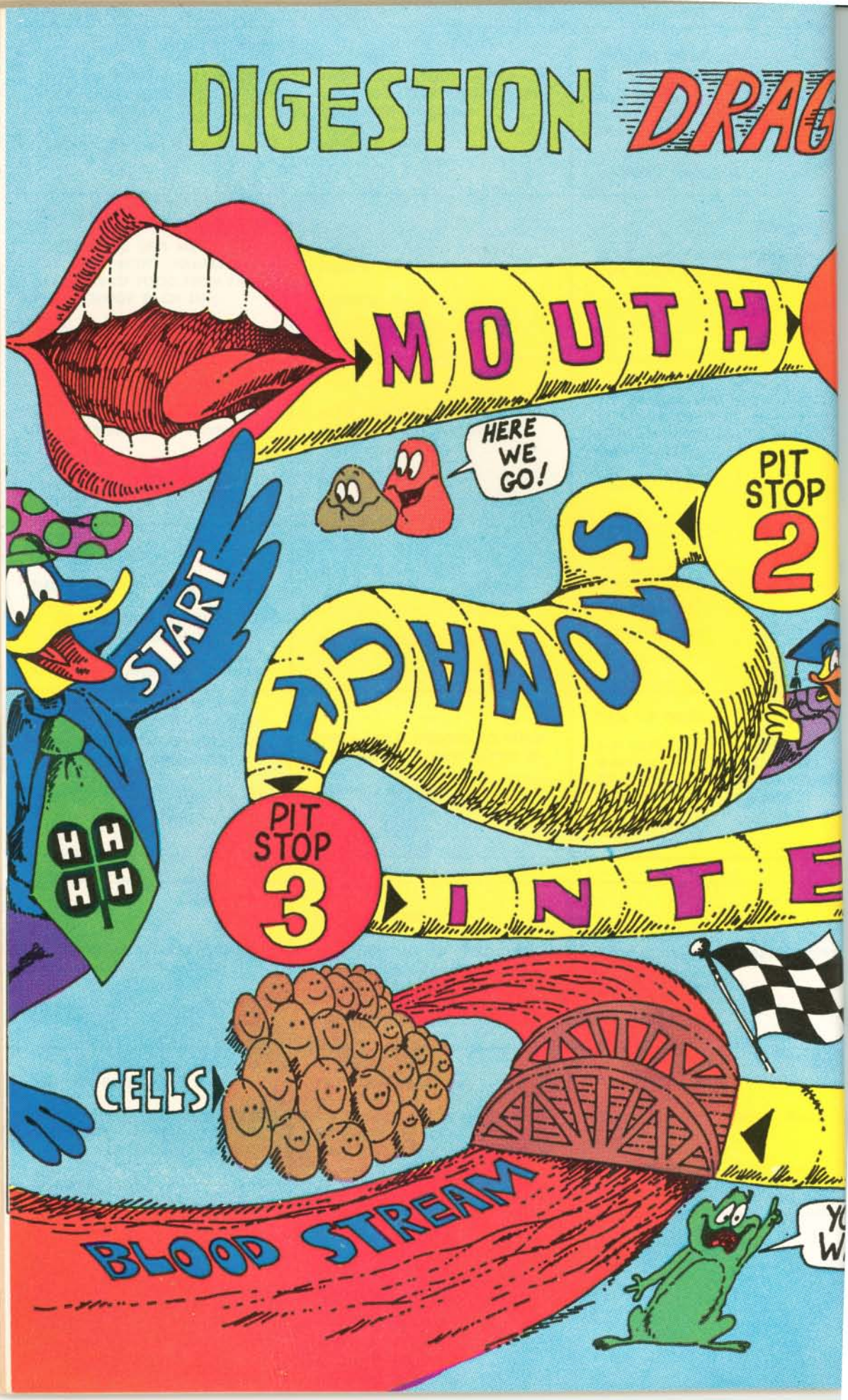
WHAT DO YOU KNOW ABOUT ADDITIVES?

RIGHT! LIKE WHEN WHEAT IS MILLED TO MAKE FLOUR. ADDITIVES HELP REPLACE SOME LOST NUTRIENTS. NOW... WHAT ELSE DO ADDITIVES DO?

FROM THE ESOPHAGUS OR TUBE, FOOD GOES INTO WHAT PART OF YOUR BODY? ANSWER: STOMACH	WHAT IS IN YOUR MOUTH BESIDES YOUR TONGUE AND TEETH THAT AIDS DIGESTION? ANSWER: SALIVA	TRUE OR FALSE: YOU GET ALL THE NUTRIENTS YOU NEED BY EATING LOTS OF MEAT EVERY DAY. ANSWER: FALSE
TRUE OR FALSE: A BALANCED DIET MEANS YOU EAT THE RIGHT NUMBER OF SERVINGS OF FOOD FROM EACH FOOD GROUP EACH DAY. ANSWER: TRUE	HOW MANY FOOD GROUPS ARE THERE? ANSWER: FOUR	MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION
WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE MEAT GROUP EACH DAY? ANSWER: TWO	MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION	WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE FRUIT AND VEGETABLE GROUP EACH DAY? ANSWER: FOUR
TRUE OR FALSE: THE FOUR KEY FOOD GROUPS ARE: 1 - FRUIT AND VEGETABLES 2 - BREAD AND CEREALS 3 - MEAT 4 - MILK ANSWER: TRUE	WHICH FOOD GROUP IS BETTER FOR GIVING US FATS: MILK . . . OR FRUIT AND VEGETABLES? ANSWER: MILK GROUP	THE BEST FOOD FOR CALCIUM IS: ANSWER: MILK
MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION	THE MINERAL NEEDED TO BUILD STRONG TEETH AND BONES IS: ANSWER: CALCIUM	TRUE OR FALSE: A HAMBURGER (with lettuce and tomato on a bun) AND A MALT GIVE YOU A SERVING OF FOOD FROM EACH FOOD GROUP. ANSWER: TRUE

MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION	TRUE OR FALSE: ONE SERVING OF FRUIT AND VEGETABLES EACH DAY IS PLENTY FOR A BALANCED DIET. ANSWER: FALSE	THE VITAMIN THAT HELPS YOU HOLD BODY CELLS TOGETHER IS? ANSWER: VITAMIN C
TRUE OR FALSE: CARBOHYDRATES ARE KEY NUTRIENTS THAT GIVE US ENERGY FOR WORK AND PLAY. ANSWER: TRUE	TRUE OR FALSE: WE SHOULD EAT AT LEAST FOUR SERVINGS OF FOOD FROM THE MEAT GROUP EACH DAY. ANSWER: FALSE	TRUE OR FALSE: POTATOES AND BREAD HAVE LOTS OF PROTEIN. ANSWER: FALSE, THEY HAVE LOTS OF CARBOHYDRATES

"TO MAKE YOUR SET OF GAME CARDS
CUT OUT ON LINES AND ASSEMBLE"


DIGESTION DRAG
MOUTH
HERE WE GO!
PIT STOP 2
STOMACH
START
PIT STOP 3
INTE
CELLS
BLOOD STREAM

RACING RULES

1. Each player needs a marker. Use coins, paper clips, peas, toothpicks or other small objects.

2. Players take turns answering questions on the cards. Move your marker forward for a correct answer.
   2 spaces for a gold card
   4 spaces for a pink card
   6 spaces for a blue card

   Move your marker back for a wrong answer.
   1 space for a gold card
   2 spaces for a pink card
   3 spaces for a blue card

3. The first player to move his marker down the drag strip across the blood stream is the winner.

4. All players begin at the starting line--the mouth.

5. Stack the cards so you can't see the questions. Stack each color in a pile.

6. Decide which player goes first, second, third, and fourth.

7. The first player selects a card and gives it to the next player.

8. He reads the question out loud and the first player answers it. If the answer is correct, move the marker down the drag track; if not correct, move the marker back.

9. After a question has been answered, put that card on the bottom of the pile.

10. If you land on a pit stop, you can move ahead one square, or take another turn.

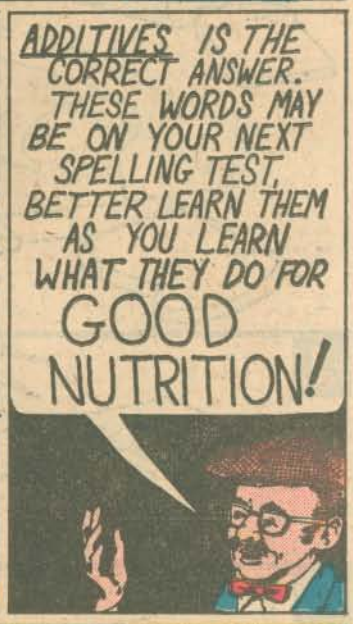
11. All players take turns asking and answering questions on the cards.

TRUE OR FALSE: BREAD AND CEREALS ARE A GOOD SOURCE OF CARBOHYDRATES. ANSWER: TRUE	MOVE AHEAD THREE SPACES AND TAKE-ANOTHER QUESTION	WHICH FOOD GROUP CAN GIVE US THE MORE DIFFERENT KINDS OF MINERALS, MEAT . . . OR FRUIT AND VEGETABLES? ANSWER: FRUIT & VEGETABLES
IS THERE A FOOD GROUP MISSING FROM THIS DINNER? YES OR NO . STEAK & BAKED POTATO, PEAS, BREAD & BUTTER, LETTUCE SALAD, MILK & ICE CREAM ANSWER: NO, ALL 4 FOOD GROUPS ARE PRESENT	CHEESE BELONGS TO WHICH FOOD GROUP? ANSWER: MILK GROUP BECAUSE CHEESE IS MADE FROM MILK	WHICH FOOD IS A BETTER SOURCE OF VITAMIN A, STEAK OR CARROTS? ANSWER: CARROTS
MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION	TRUE OR FALSE: THE MINERAL IRON IS NEEDED TO BUILD RED BLOOD CELLS. ANSWER: TRUE	TRUE OR FALSE: IF YOU'RE NOT GETTING ENOUGH PROTEIN, YOU CAN JUST EAT MORE CARBOHYDRATES TO MAKE UP FOR IT. ANSWER: FALSE
TRUE OR FALSE: CANDY GIVES YOU LOTS OF PROTEIN. ANSWER: FALSE, CANDY GIVES CARBOHYDRATES	MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION	WHICH FOOD GROUP CAN GIVE US THE MOST AND BEST PROTEIN, MEAT GROUP . . . OR BREAD AND CEREAL GROUP? ANSWER: MEAT GROUP
WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE MILK GROUP EACH DAY? ANSWER: THREE	WHICH FOOD GROUP IS BETTER FOR GIVING US CALCIUM, THE MILK GROUP . . . OR THE FRUIT AND VEGETABLE GROUP? ANSWER: MILK GROUP	MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION

MOVE AHEAD ONE SPACE AND TAKE ANOTHER QUESTION	TRUE OR FALSE: THE NUTRIENT THAT BUILDS STRONG MUSCLES AND HELPS REPAIR OUR BODY CELLS IS PROTEIN. ANSWER: TRUE	TRUE OR FALSE: THE MORE YOU EAT THE BETTER YOU FEEL. ANSWER: FALSE, IT'S NOT HOW MUCH BUT WHAT YOU EAT THAT COUNTS
WHICH FOOD IS A BETTER SOURCE OF VITAMIN C, ORANGES OR MILK? ANSWER: ORANGES	TRUE OR FALSE: 4 4 3 2 IS THE MAGIC CLUE TO HOW MANY SERVINGS BOYS AND GIRLS NEED FROM EACH FOOD GROUP EACH DAY. ANSWER: TRUE	WHAT FOOD GROUP HAS BEEN LEFT OUT OF THIS BREAKFAST? BACON & EGGS, TOAST WITH BUTTER & MILK ANSWER: FRUIT & VEGETABLE GROUP LIKE ORANGE JUICE
MOVE AHEAD TWO SPACES AND TAKE ANOTHER QUESTION	WE SHOULD EAT HOW MANY SERVINGS OF FOOD FROM THE BREAD AND CEREAL GROUP EACH DAY? ANSWER: FOUR	TRUE OR FALSE: NUTRIENTS ARE CARRIED TO OUR BODY CELLS BY THE BLOOD STREAM. ANSWER: TRUE

SOMETIMES ADDITIVES ARE EXTRA NUTRIENTS ADDED TO FOOD.

EVER HEAR OF VITAMIN D FORTIFIED MILK? THAT MEANS VITAMIN D HAS BEEN ADDED TO MAKE MILK MORE NUTRITIOUS. OTHER FOODS ALSO HAVE NUTRIENTS ADDED.
ONE WAY
THOSE ARE A_____?

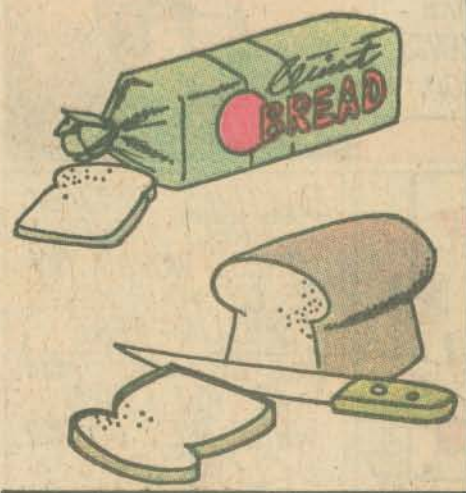

ADDITIVES IS THE CORRECT ANSWER. THESE WORDS MAY BE ON YOUR NEXT SPELLING TEST, BETTER LEARN THEM AS YOU LEARN WHAT THEY DO FOR GOOD NUTRITION!

ADDITIVES KEEP FOOD FRESH

ADDITIVES REPLACE SOME N_____S, ADD E___A NUTRIENTS AND HELP KEEP FOOD F____H.
ANSWERS: NUTRIENTS EXTRA FRESH

WE CAN LEARN ABOUT ADDITIVES BY READING FOOD LABELS.
RIGHT ON, MULLIGAN. LET'S DO THE BREAD EXPERIMENT TO SEE HOW ADDITIVES HELP KEEP FOOD FRESH.
YEA, TURN THE PAGE QUICK.

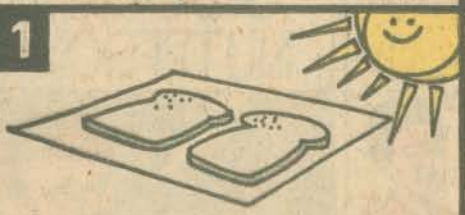
BREAD EXPERIMENT



THIS EXPERIMENT WILL SHOW HOW ADDITIVES WILL KEEP FOOD FRESH AND KEEP IT FROM SPOILING FOR A LONGER PERIOD OF TIME. USE TWO SLICES OF BREAD, ONE SLICE MUST BE "STORE" BREAD. THE LABEL ON THE "STORE" BREAD WILL GIVE SOME HELP ABOUT THE ADDITIVES. THE OTHER SLICE OF BREAD MUST BE HOMEMADE AND NO ADDITIVES. A RECORD OF WHAT HAPPENS TO THE BREAD SHOULD BE WRITTEN EACH DAY.

THINGS YOU WILL NEED TO DO:

1



① PUT TWO SLICES OF BREAD IN A WARM PLACE WHERE THEY ARE OUT IN THE OPEN. DO NOT COVER.

2

② MARK ON ONE SLICE A, THE OTHER B — (PLACE ON MARKED SHEETS OF PAPER).

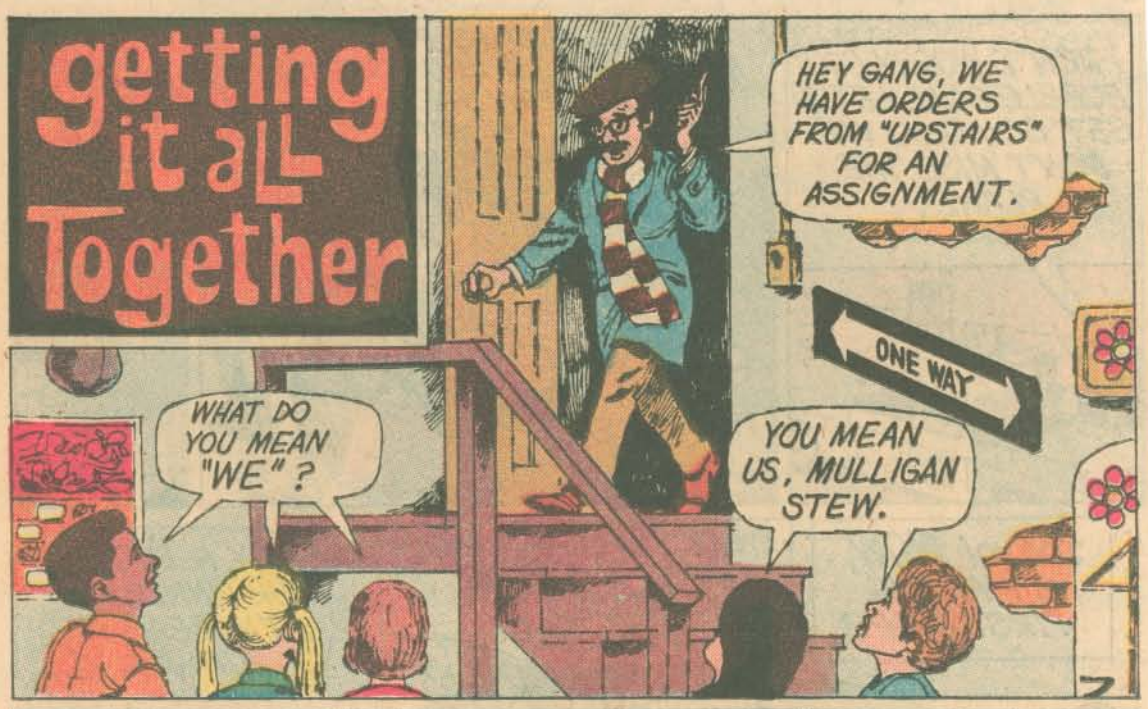
3

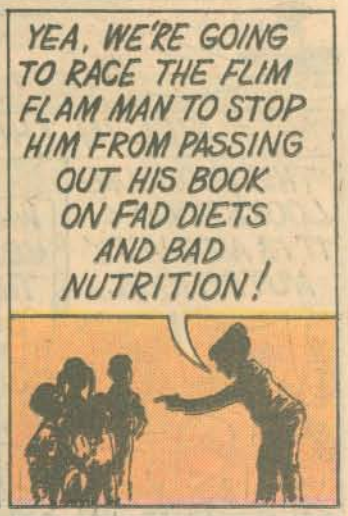
③ THE EXPERIMENTS MAY BE "HURRIED" A BIT BY PUTTING A DAMP PAPER TOWEL OVER THE BREAD.

4

④ KEEP A DAILY RECORD OF THE CHANGES IN BOTH SLICES OF BREAD. LOOK FOR MOLD AND NOTE ITS COLOR. HOW LONG DOES IT TAKE FOR EACH TO BECOME STALE, AND THEN TOO HARD TOO EAT? DID EITHER ONE CHANGE COLOR?

getting it all Together





FILL IN THE SPACES

THERE IS CHICKEN FROM THE M__T GROUP.

A ROLL FROM THE B____D & C_____L GROUP.

AND SALAD FROM THE F___T AND V_____E GROUP.

AND ICE CREAM FROM THE M__K GROUP.

THAT'S FOOD FROM ALL FOUR FOOD GROUPS. THE AIRLINES SURE FOLLOW THE RULES OF GOOD EATING.

AND THE FOOD TASTES GOOD TOO!
HEY, LOOK, WE'RE OVER JAPAN!

LOOK AT ALL THESE POOPED OUT PEOPLE. THE FLIM FLAM MAN HAS BEEN HERE.. THEY NOW HAVE BAD DIETS.

MAYBE WE CAN GET HELP FROM THE TV STATION.

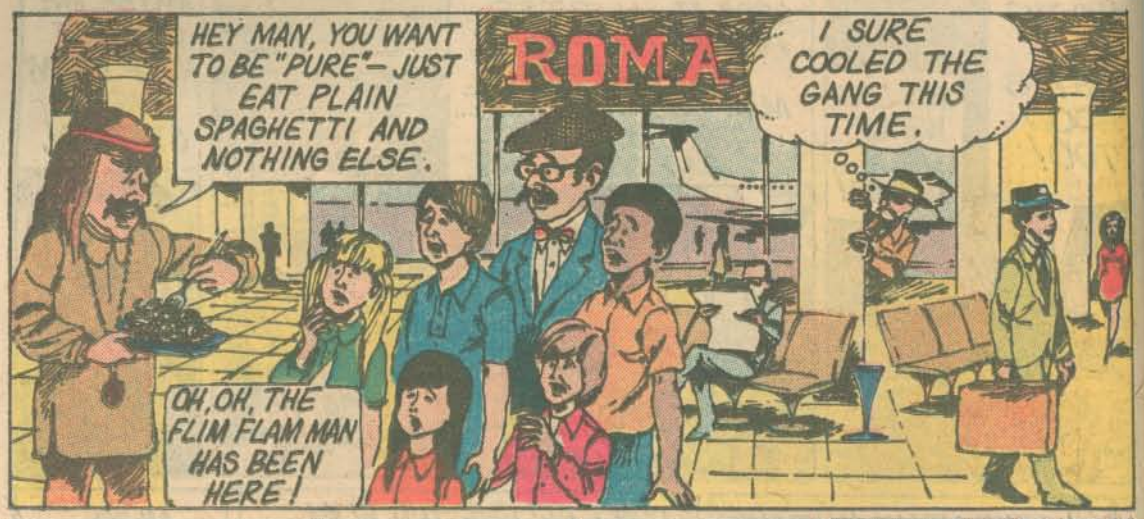
THAT MEANS MAKE SURE EATING VITAMINS PROTEINS & MINERALS— MAKE SURE YOUR CARBOHYDRATES & FAT— MAKE SURE YOU'RE EATING A BALANCED DIET— BABY THAT'S WHERE IT'S AT!
TV

DON'T BELIEVE THE FLIM FLAM MAN AND HIS FAD DIETS. BOYS & GIRLS NEED AT LEAST 4-4-3-2 FOR A BALANCED DIET.

AH SO, SUKIYAKI BETTER FOOD THAN FLIM FLAM MAN'S DIET OF RICE AND PILLS.

RATS! THE MULLIGAN'S ARE HERE!

HEY WILBUR, CAN WE BEAT FLIM FLAM MAN TO ITALY & STOP HIM?
I HOPE SO, IT'S REALLY IMPORTANT!
YEAH, WE CAN GET PIZZA IN ITALY. PIZZA CAN HAVE FOOD FROM ALL FOUR FOOD GROUPS.


HEY MAN, YOU WANT TO BE "PURE"– JUST EAT PLAIN SPAGHETTI AND NOTHING ELSE.
ROMA
I SURE COOLED THE GANG THIS TIME.
OH, OH, THE FLIM FLAM MAN HAS BEEN HERE!

WE'VE GOT TO SHOW THE ITALIANS HOW TO GET A WELL BALANCED DIET FROM THEIR OWN FOODS.

WHAT YOU SAY? TELL ME MORE.
TAKE US TO ONE OF YOUR PIZZA PLACES.

PIZZA

YEAH... IT'S PART OF 4-4-3-2 MAGIC CLUE & GOOD DIET.

WHAT'S 4-4 3-2?

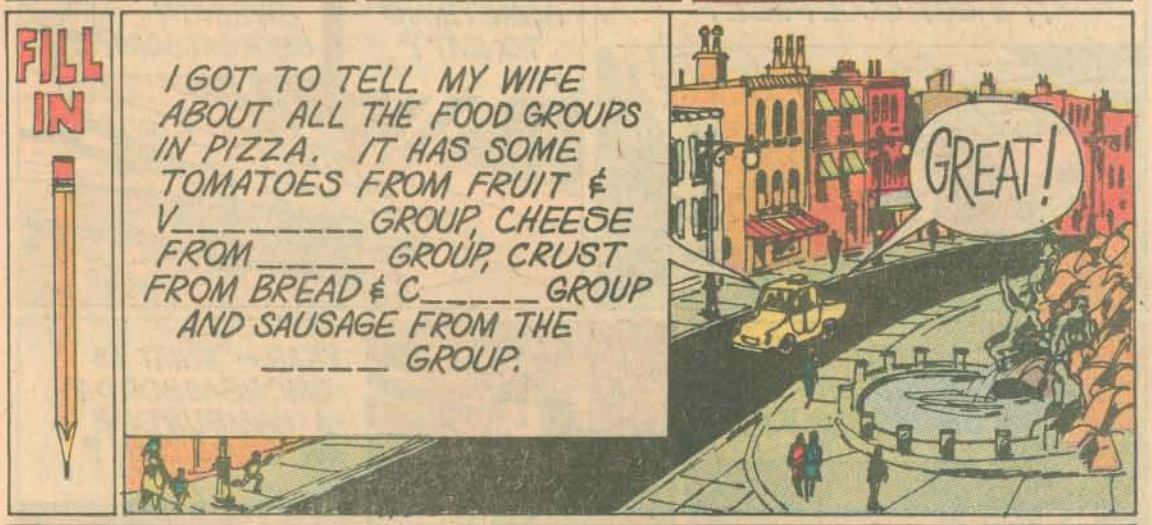
OK GANG, TELL HIM ABOUT 4-4-3-2.

___ SERVINGS FROM BREAD & CEREAL
___ " " FRUIT & VEG.
___ " " MILK GROUP
___ " " MEAT GROUP

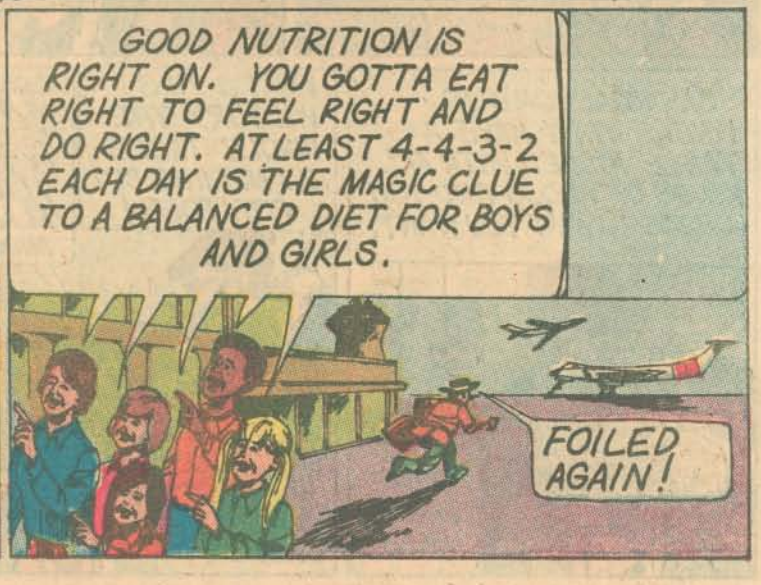
WHAT FOODS DO YOU SEE IN THIS PIZZA?

TOMATO PEPPERS CHEESE PIZZA CRUST and SAUSAGE

THAT'S FOOD FROM ALL FOUR FOOD GROUPS
MAMA MIA, I DID'NT KNOW THAT.


FILL IN
I GOT TO TELL MY WIFE ABOUT ALL THE FOOD GROUPS IN PIZZA. IT HAS SOME TOMATOES FROM FRUIT & V_____ GROUP, CHEESE FROM _____ GROUP, CRUST FROM BREAD & C_____ GROUP AND SAUSAGE FROM THE _____ GROUP.
GREAT!

THANKS GANG, I'M GOING TO BE AN AGENT FOR GOOD NUTRITION & HELP ALL THE PEOPLE OF ITALY.
ROMA AIRPO


GOOD NUTRITION IS RIGHT ON. YOU GOTTA EAT RIGHT TO FEEL RIGHT AND DO RIGHT. AT LEAST 4-4-3-2 EACH DAY IS THE MAGIC CLUE TO A BALANCED DIET FOR BOYS AND GIRLS.
FOILED AGAIN!

THIS MESSAGE SAYS THE FLIM FLAM MAN IS ON HIS WAY TO SWEDEN.
WE'LL BEAT HIM THERE AND STOP HIM!
THEY WON'T STOP ME THIS TIME. MY PLANE IS FASTER IT'S GOT COOL FUEL.
WILBUR, CAN WE STOP FOR SOMETHING TO EAT?
HOW'S ABOUT A SWEDISH SMORGASBORD?
WHAT'S A SWEDISH SMORGASBORD?
YEAH— WHAT IS SMORGASBORD? A HAMBURGER OR SOMETHIN?
SMORGASBORD IS WHERE THEY HAVE A TABLE FILLED WITH ALL KINDS OF FOODS AND YOU CHOOSE WHAT YOU WANT.
NOT THIS TIME PAL!
WHAT'S THIS WILBUR? THE WHOLE TABLE HAS NOTHING BUT POTATOES!
LOOK WILBUR! THE COOK IS THE FLIM FLAM MAN!
BUT THAT'S IMPOSSIBLE, SOMETHINGS WRONG IN DENMARK... I MEAN SWEDEN!

COOL IT YOU GUYS— I'VE TAKEN OVER HERE.

NOT SO FAST. WE ARE GOING TO TAKE OVER HERE AND COOK A REAL SMORGASBORD.

YEA! AND WE WILL HELP YOU WILBUR.

FILL IN

GANG— HELP ME GET THE RIGHT KIND OF FOODS.

OK, I'LL GET SOME CHEESE, BUTTER AND ICE CREAM FROM THE M_ _ _ GROUP.

I'LL GET SOME FISH, MEAT BALLS & DEVILED EGGS FROM THE M_ _ _ GROUP.

I'LL GET SOME ROLLS AND BROWN BREAD SANDWICHES FROM THE B_ _ _ _ AND C_ _ _ _ GROUP.

I'LL GET SOME CELERY, TOMATOES, CABBAGE, APPLES, AND ORANGES FROM THE F_ _ _ _ AND V_ _ _ _ _ _ GROUP.

YAH— DIS IS GOOD SMORGASBORD YOU KIDS SURE SMART.

WE SURE HAVE GOOD NUTRITIOUS FOOD IN SWEDEN. WE CAN MAKE A GOOD BALANCED DIET.

WHAT'S THAT MESSAGE YOU GOT FROM THE PILOT WILBUR?

IT'S FROM "UPSTAIRS" IT SAYS WE BEAT THE FLIM FLAM MAN.

YEA!

FOILED AGAIN BY THAT CREEPY MULLIGAN STEW GANG I'M GOING TO EAT SOME PIZZA.

GANG, LET'S MAKE SOME 4-4-3-2 PIZZA TO CELEBRATE.

YEA! PIZZA'S GOT FOOD FROM ALL FOUR FOOD GROUPS IN IT TOO. YUM, TURN THE PAGE FOR THE RECIPE.

Pat-a-Pizza

Makes 10 little pizzas

	I will need
1 can refrigerated biscuits (or make 10 from your own recipe)	
half of 8oz. can tomato sauce	
½ pound ground beef	
¼ teaspoon salt	
1½ teaspoon oregano, if you wish	
10 small slices cheese	

Pat and push the biscuits into circles about 4 inches across on a baking sheet. Put about 1 tablespoon tomato sauce on each. Bake at 400° until lightly browned (about 10 minutes).

While pizza bakes, crumble meat into hot skillet and brown over low heat. Pour off grease and add salt and oregano.

Turn oven down to 325° (low). Put some meat, then cheese on each pizza. Heat pizzas in oven until cheese is melted.

COUNTDOWN 4-4-3-2

HI GANG! "UPSTAIRS" HAS ORDERED US TO GO TO CAPE KENNEDY TO STOP A SPY THAT MAY FOWL-UP THE SPACE FLIGHT TOMORROW.

ONE WAY

WOW- WE'VE NEVER DONE THAT.

GREAT! WE CAN GO ON THE NEW 747!

REMEMBER, THIS SPACE FLIGHT IS TO BE MANNED BY TWO CHIMPANZEES, SAM AND MABEL.

THIS SPY HAS BEEN TRYING TO STOP THE FLIGHT. WE MUST STOP HIM.

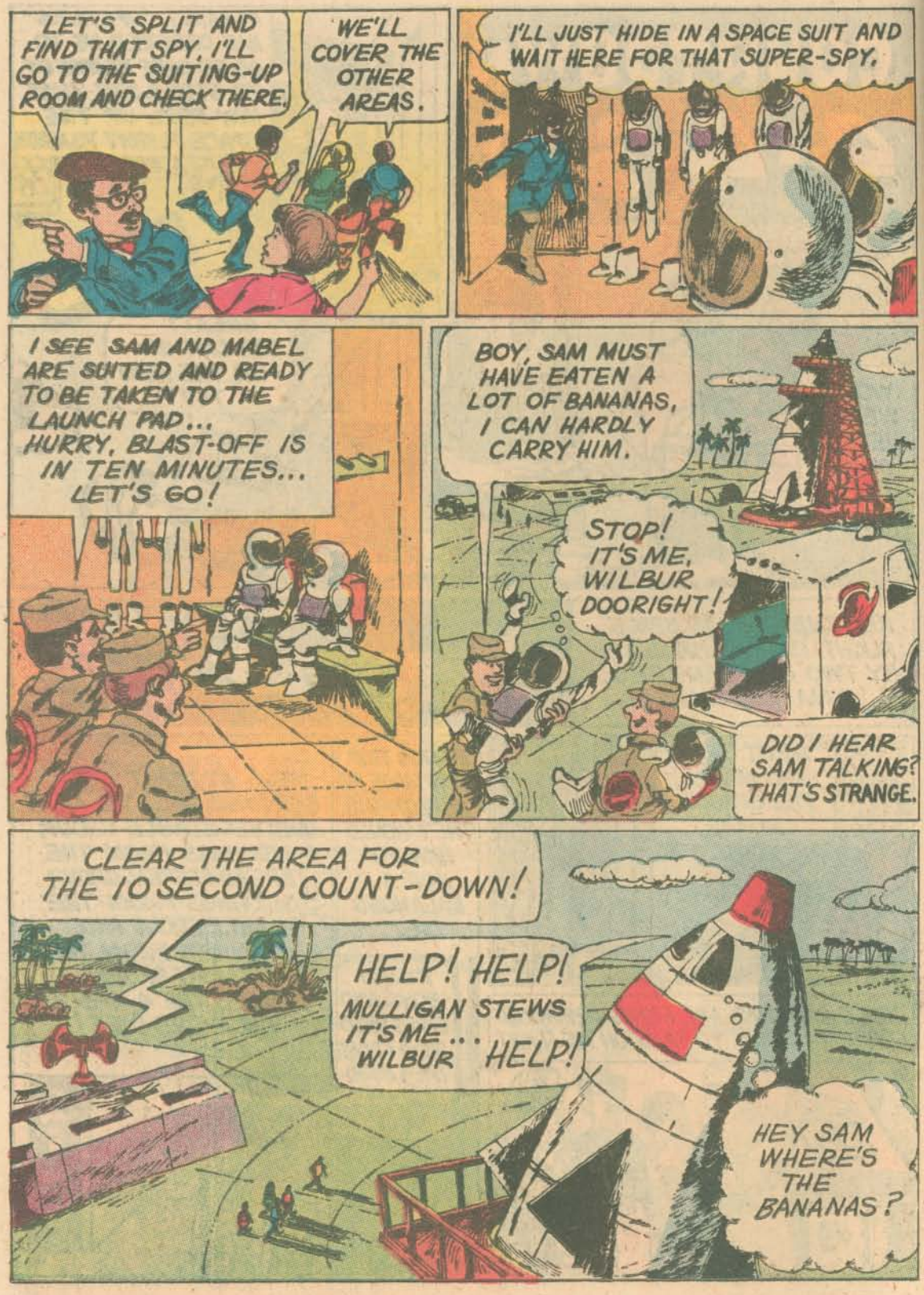
MEET SAM AND MABEL, THE SPACE CHIMPS.

HERE BANANAS ARE BEING PREPARED FOR SAM & MABEL TO TAKE ON THE FLIGHT.

IF THIS TRIP WAS MADE BY ASTRONAUTS THEY WOULD HAVE TO HAVE A BALANCED DIET.

RIGHT! BOYS AND GIRLS NEED FOOD FROM THE 4 FOOD GROUPS DAILY.

YES! AT LEAST FOUR SERVINGS FROM THE FRUIT AND VEGETABLE GROUP, 4 SERVINGS FROM THE BREAD & CEREAL GROUP, 3 SERVINGS FROM THE MILK GROUP AND 2 SERVINGS FROM THE MEAT GROUP. THAT'S THE 4-4-3-2 BALANCED DIET!


LET'S SPLIT AND FIND THAT SPY. I'LL GO TO THE SUITING-UP ROOM AND CHECK THERE.
WE'LL COVER THE OTHER AREAS.
I'LL JUST HIDE IN A SPACE SUIT AND WAIT HERE FOR THAT SUPER-SPY.
I SEE SAM AND MABEL ARE SUITED AND READY TO BE TAKEN TO THE LAUNCH PAD... HURRY, BLAST-OFF IS IN TEN MINUTES... LET'S GO!
BOY, SAM MUST HAVE EATEN A LOT OF BANANAS, I CAN HARDLY CARRY HIM.
STOP! IT'S ME, WILBUR DOORIGHT!
DID I HEAR SAM TALKING? THAT'S STRANGE.
CLEAR THE AREA FOR THE 10 SECOND COUNT-DOWN!
HELP! HELP! MULLIGAN STEWS IT'S ME... WILBUR HELP!
HEY SAM WHERE'S THE BANANAS?

GOOD BYE SAM AND MABEL — SEE YOU IN 3 YEARS.

HEY, THEY CAUGHT THE SUPER-SPY BEFORE HE FOULED-UP THE BLAST-OFF. IS'NT THAT GREAT?
WAIT A MINUTE! IS'N'T THAT SAM SITTING NEXT TO SUPER-SPY?

OH DEAR, OH DEAR, WHAT WILL I DO? THEY THINK I'M SAM!
SAM... LET'S HAVE MORE BANANAS BURP!

THIS IS MISSION CONTROL TO MARS I... WILBUR DOORIGHT, ARE YOU UP THERE WITH MABEL?

YES, YES, HELP! 3 YEARS WITH ONLY BANANAS... HELP!
BURP... MORE BANANAS SAM — HURRY.

YEP, IT'S WILBUR UP THERE. WE'RE IN REAL TROUBLE. IT WILL TAKE 15 DAYS TO GET THAT FLIGHT BACK TO EARTH!

POOR WILBUR, HE CAN'T MAKE IT FOR 15 DAYS WITH ONLY CHIMPANZEE FOOD.
WHAT CAN WE DO? HE NEEDS US.

WE'LL HAVE TO SEND AN INTERCEPTOR ROCKET WITH FOOD FOR WILBUR. IT WILL GO IN 4 HOURS AND CAN HOLD ONLY A SHOE BOX OF FOOD. YOU KIDS WILL HAVE TO GET ENOUGH FOOD IN THE BOX FOR 15 DAYS!

NOW KIDS, YOU HELP US OUT. MAKE A LIST OF THE FOOD YOU WOULD SEND TO WILBUR IN THE BOX ON THE ROCKET...

_____

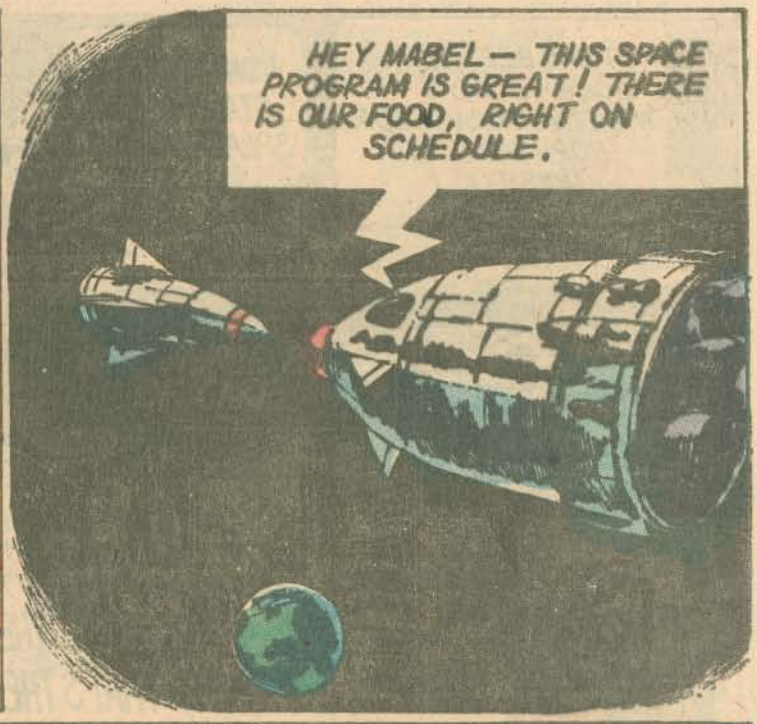
_____

_____

_____

NOW SEE HOW YOUR FOOD LIST COMPARES TO SOME FOODS THE GANG CHOSE TO SEND TO WILBUR.

MISSION CONTROL TO MARS I... DINNER IS ON IT'S WAY!


HEY MABEL — THIS SPACE PROGRAM IS GREAT! THERE IS OUR FOOD, RIGHT ON SCHEDULE.

THE MULLIGAN STEWS ARE GREAT TOO. THEY SURE KNOW ABOUT GOOD NUTRITION. THEY HAVE SENT FOOD FROM ALL 4 FOOD GROUPS.
WHERE ARE SOME MORE BANANAS?

I HAVE BEEF FROM THE _____ GROUP, MILK AND CHEESE FROM THE _____ GROUP, ORANGE JUICE FROM THE _____ AND _____ GROUP, AND THESE CRACKERS FROM THE _____ AND _____ GROUP. THIS WILL KEEP ME GOING.
HEY SAM— HOW ABOUT SOME MORE BANANAS?
DOCKING WAS SUCCESSFUL, I SEE WILBUR ON THE SCREEN AND HE LOOKS HAPPY WITH YOUR CHOICE OF FOOD, KIDS!

IT HAS BEEN A LONG 15 DAYS WAITING FOR WILBUR, HOPE HIS DIET WAS O.K.!
NOW HEAR THIS! STANDBY FOR SPLASHDOWN!
WILBUR HAS MABEL WITH HIM. THAT SHOULD MAKE SAM REAL HAPPY!
LISTEN... THE BAND IS PLAYING THE MULLIGAN STEW SONG. LET'S SING ALONG WITH THEM —
4-4-3-2 THAT'S THE FORMULA FOR ME AND YOU
4-4-3-2 THAT'S THE ONLY THING THAT'LL DO
WILBUR, YOU ARE IN EXCELLENT HEALTH THANKS TO THE NUTRITIOUS DRIED FOOD THE GANG SENT.
YEAH, THAT FOOD WAS GREAT. IF YOU KIDS WOULD LIKE TO KNOW WHAT DRIED FOODS TASTE LIKE, TRY THE NEAT EXPERIMENT ON THE NEXT PAGE.

DRIED FOODS EXPERIMENT

1 GET DRIED MILK, DRIED APPLES, DRIED APRICOTS, PRUNES, DRIED SOUP, OR OTHER DRIED FOOD.

2 FOLLOW DIRECTIONS ON THE PACKAGE.

3 TASTE!

4 ANSWER THESE QUESTIONS.

A DO YOU LIKE THE FOODS? WHICH ONES DID YOU LIKE BEST?

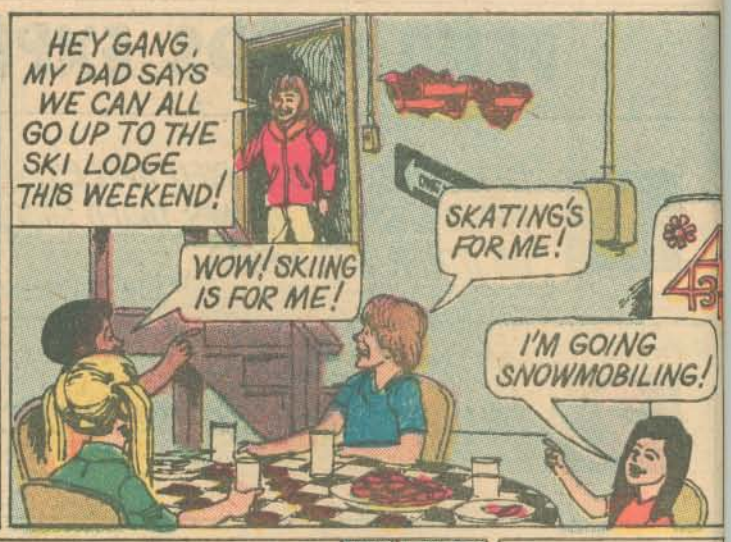
B WERE THEY EASY TO FIX?

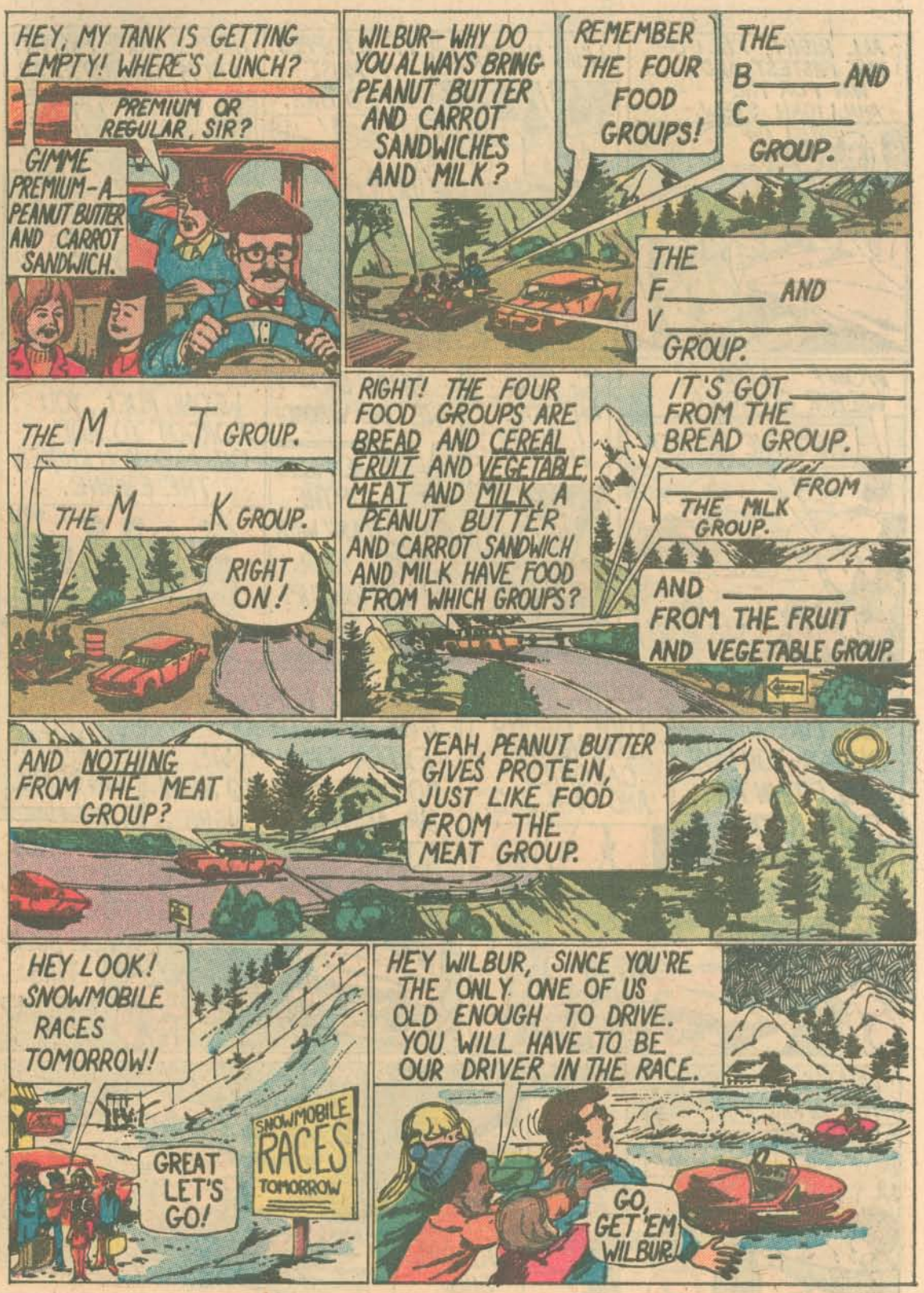
C WHEN COULD YOU USE DRIED FOODS?

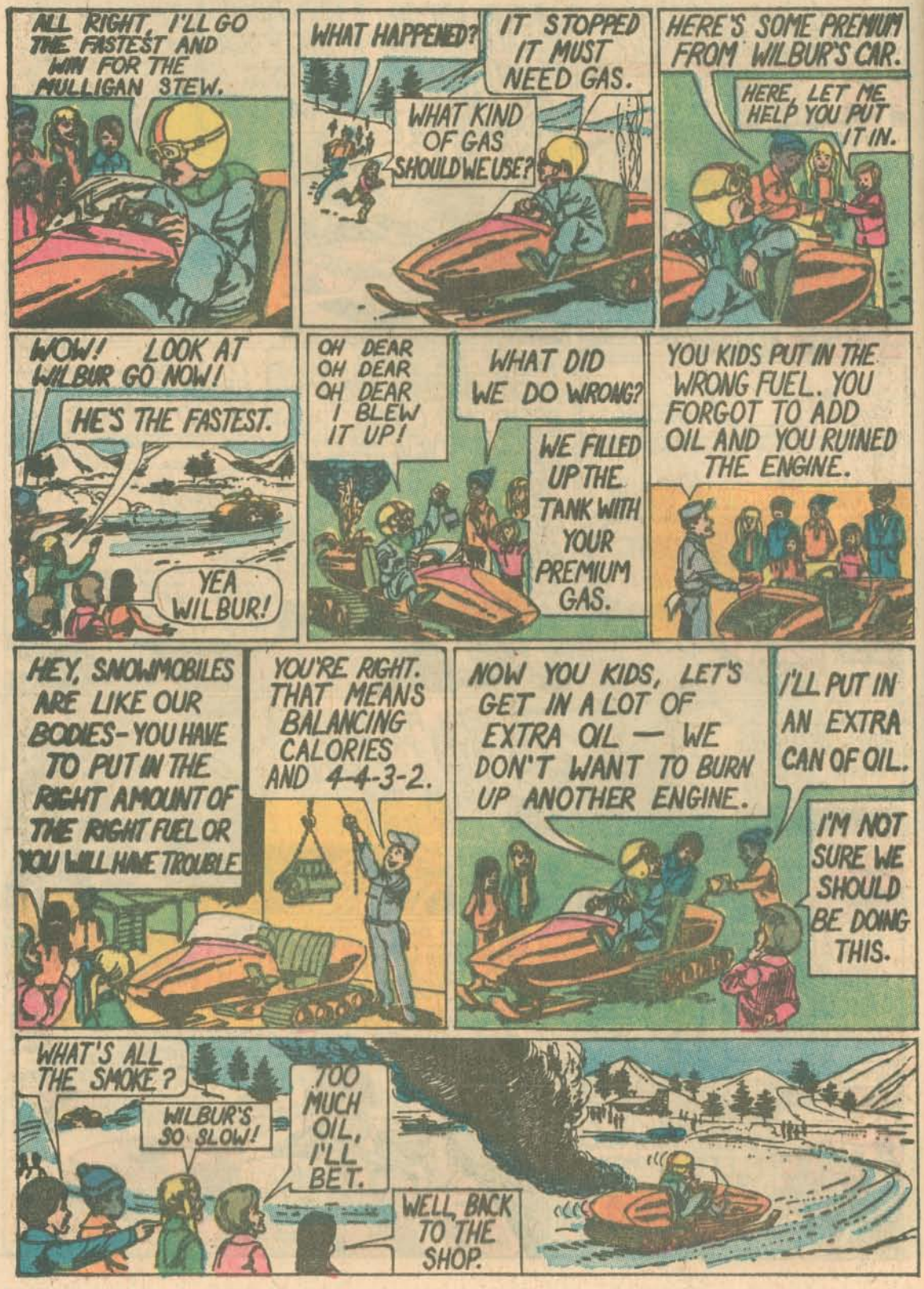
D WHAT ARE THE ADVANTAGES OF DRIED FOODS?

the racer that lost his edge

HERE




HEY, MY TANK IS GETTING EMPTY! WHERE'S LUNCH?
PREMIUM OR REGULAR, SIR?
GIMME PREMIUM-A PEANUT BUTTER AND CARROT SANDWICH.
WILBUR-WHY DO YOU ALWAYS BRING PEANUT BUTTER AND CARROT SANDWICHES AND MILK?
REMEMBER THE FOUR FOOD GROUPS!
THE B_____ AND C_____ GROUP.
THE F_____ AND V_____ GROUP.
THE M____T GROUP.
THE M____K GROUP.
RIGHT ON!
RIGHT! THE FOUR FOOD GROUPS ARE BREAD AND CEREAL, FRUIT AND VEGETABLE, MEAT AND MILK. A PEANUT BUTTER AND CARROT SANDWICH AND MILK HAVE FOOD FROM WHICH GROUPS?
IT'S GOT _____ FROM THE BREAD GROUP.
_____ FROM THE MILK GROUP.
AND _____ FROM THE FRUIT AND VEGETABLE GROUP.
AND NOTHING FROM THE MEAT GROUP?
YEAH, PEANUT BUTTER GIVES PROTEIN, JUST LIKE FOOD FROM THE MEAT GROUP.
HEY LOOK! SNOWMOBILE RACES TOMORROW!
GREAT LET'S GO!
SNOWMOBILE RACES TOMORROW
HEY WILBUR, SINCE YOU'RE THE ONLY ONE OF US OLD ENOUGH TO DRIVE. YOU WILL HAVE TO BE OUR DRIVER IN THE RACE.
GO, GET 'EM WILBUR.


ALL RIGHT, I'LL GO THE FASTEST AND WIN FOR THE MULLIGAN STEW.
WHAT HAPPENED?
IT STOPPED IT MUST NEED GAS.
WHAT KIND OF GAS SHOULD WE USE?
HERE'S SOME PREMIUM FROM WILBUR'S CAR.
HERE, LET ME HELP YOU PUT IT IN.
WOW! LOOK AT WILBUR GO NOW!
HE'S THE FASTEST.
YEA WILBUR!
OH DEAR OH DEAR OH DEAR I BLEW IT UP!
WHAT DID WE DO WRONG?
WE FILLED UP THE TANK WITH YOUR PREMIUM GAS.
YOU KIDS PUT IN THE WRONG FUEL. YOU FORGOT TO ADD OIL AND YOU RUINED THE ENGINE.
HEY, SNOWMOBILES ARE LIKE OUR BODIES-YOU HAVE TO PUT IN THE RIGHT AMOUNT OF THE RIGHT FUEL OR YOU WILL HAVE TROUBLE
YOU'RE RIGHT. THAT MEANS BALANCING CALORIES AND 4-4-3-2.
NOW YOU KIDS, LET'S GET IN A LOT OF EXTRA OIL — WE DON'T WANT TO BURN UP ANOTHER ENGINE.
I'LL PUT IN AN EXTRA CAN OF OIL.
I'M NOT SURE WE SHOULD BE DOING THIS.
WHAT'S ALL THE SMOKE?
WILBUR'S SO SLOW!
TOO MUCH OIL, I'LL BET.
WELL, BACK TO THE SHOP.

YOU GUYS USED TOO MUCH OIL THIS TIME. DON'T YOU REMEMBER? YOU HAVE TO MIX THE FUEL RIGHT! IT'S UP TO YOU.

IT'S JUST LIKE I TOLD YOU. JUST LIKE 4-4-3-2

YEA WILBUR!

WILBUR'S TIME IS THE FASTEST. WE'RE READY FOR THE RACES.

NOW LET'S GO TO THE LODGE FOR DINNER.

WOW — LOOK AT ALL THAT FOOD. HOW AM I EVER GOING TO CHOOSE WHAT TO EAT?

I AM GOING TO HAVE THREE PIECES OF CAKE.

IT'S A DOUBLE HOT FUDGE SUNDAE FOR ME!

STOP!! YOU'RE DOING JUST WHAT WE DID WHEN WE RUINED THE SNOWMOBILE.

WHY, WE'LL GET LOTS OF CALORIES?

WHAT'S WRONG WITH THAT?

IT'S NOT JUST GETTING CALORIES THAT'S IMPORTANT. IT'S GETTING A BALANCED DIET. REMEMBER THE SNOWMOBILE.

THAT'S RIGHT KIDS. NOW WHAT SHOULD WE EAT?

I'M GOING TO HAVE SOME CHICKEN FROM THE _____ GROUP.

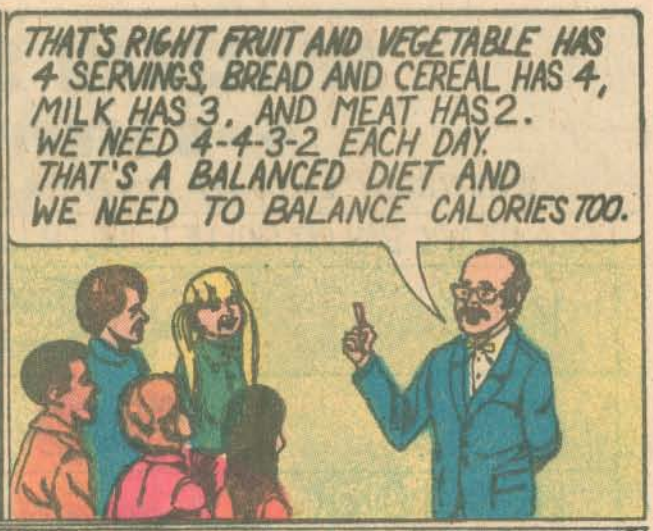
_____ SERVINGS FROM THE FRUIT AND VEGETABLE GROUP

_____ SERVINGS FROM THE BREAD AND CEREAL GROUP

_____ SERVINGS FROM THE MILK GROUP

_____ SERVINGS FROM THE MEAT GROUP

4	FRUIT AND VEGETABLE
4	BREAD AND CEREAL
3	MILK
2	MEAT



MULLIGAN STEW

4-6 SERVINGS

EVERYBODY LIKES IT! IT'S EASY + FUN TO MAKE! HERE'S HOW:

USE A HEAVY PAN OR SKILLET, WITH LID

MELT	1 TABLESPOON SHORTENING
ADD	1 LB. BEEF, CUT INTO SMALL PIECES
BROWN OVER MEDIUM HEAT	
ADD	1 TEASPOON SALT 1 CAN TOMATO SOUP (10½ oz) 2 SOUP CANS WATER
COVER TIGHTLY AND LET COOK SLOWLY UNTIL TENDER, ABOUT 1 HR.	
ADD	3 CARROTS, SLICED 3 POTATOES, CUT INTO 4 PIECES 2 ONIONS, CUT INTO 4 PIECES

COVER AND CONTINUE COOKING SLOWLY, ABOUT THIRTY MINUTES. IF THERE IS NOT ENOUGH LIQUID, ADD MORE WATER DURING COOKING. IF STEW IS TOO THIN, REMOVE LID AND COOK UNTIL THICKENED.

SAFETY TIP: STIR WITH A LONG HANDLED SPOON

IF YOU COOK OUTDOORS:
BEFORE COOKING, RUB SOAP ON OUTSIDE OF PAN.
THIS MAKES YOUR CLEAN-UP JOB EASY.

IF YOU COOK IN A CAN, USE MORE WATER.

MORE SONGS

GOULASH, GARBANZA BEANS & GUACAMOLE

1. Goulash, Garbanza beans and Guacamole,
   Romaine, rice and ravioli,
   Spinach, sauerkraut and cold spumoni,
   That's a delicious trip around the world.

2. Whether you're from here or there,
   Black or white,
   Up or down, dark or fair,
   Big or light,
   We're all alike, we're all alike,
   Cause we all like, we all like to eat.

   Repeat 1.

3. Kids are kids in Boston and Brussels,
   Texas and Tahiti, Rhode Island and Russia,
   Albany and Africa, Harlem and Holland,
   Kids are kids, and kids all like to eat.

   Repeat 1.

4. You can get a balanced diet,
   4 - 4 - 3 - 2,
   Why don't you try it,
   Let it happen for you,
   In your home, in your neighborhood,
   Cause we all like,
   We all like to eat.

5. Goulash, Barbanza beans and Guacamole,
   Romaine, rice and ravioli,
   Spinach, sauerkraut and cold spumoni,
   That's a delicious,
   Nutritious
   Delicious, trip around the world.

SHARE A SNACK WITH A FRIEND

1. When you're tired and you're taking a break,
   Or when you've got some time to take,
   Share a snack with a friend,
   Smile a smile all the while,
   And share a snack with a friend.

2. Afternoons when school is through,
   And you'd like something to do,
   Share a snack with a friend,
   Smile a smile all the while,
   And share a snack with a friend.

3. When you just don't care to be alone,
   With a friend share an ice cream cone,
   A peanut butter sandwich, a taco or two,
   That's a nutricious snack for a friend and you.

4. In the morning or when day is done,
   And you'd like to have some more fun,
   Share a snack with a friend,
   Smile a smile all the while,
   And share a snack with a friend.

5. Doesn't matter where you happen to be,
   Watching a game from the limb of a tree,
   Baking in the kitchen, a cookie or two,
   Making delicious snacks for a friend and you.

6. So share a snack with a friend,
   Smile a smile all the while,
   And share a snack with a friend.

IT'S UP TO YOU

1. Feeling al-right,
   Looking good,
   Wearing a smile,
   All of the while,
   Has a lot to do with Good Nutrition,
   Good Nutrition,
   And Baby, That's up to you.

2. Gotta make sure,
   You eat a balanced diet,
   You gotta make sure,
   You're getting 4-4-3-2,
   Gotta make sure,
   You eat a balanced diet,
   And Baby, That's up to you.

3. Walking tall,
   Doing fine,
   Knowing you're healthy,
   All of the time,
   Has a lot to do with Good Nutrition,
   Good Nutrition,
   And Baby, that's up to you.

   Repeat 2.

   Repeat 3.

   Has a lot to do with Good Nutrition,
   Good Nutrition,
   And Baby, that's up to you.
   You've gotta make sure,
   You eat a balanced diet,
   And Baby, that's up to you.

YOU GOTTA EAT BREAKFAST

1. You gotta eat breakfast,
   You gotta eat breakfast,
   To keep you feeling fine,
   All day long,

   Repeat 1.

2. You gotta start each day,
   With fuel food to keep,
   You're body running strong,

3. You can go all the way,
   With a good breakfast,
   That'll last the whole day long.

   Repeat 1 and 2.

   Repeat 3 and 1.

MAGGIE AND ME

1. Maggi and me,
   Micki and me,
   We're alike as two,
   People can be,
   Though we're different,
   On the outside,
   The food that we eat,
   Form the same kind of insides,
   You'd get turned on,
   If you found,
   All of the foods that we put down,
   Forms a part of the inside of me,
   Inside Maggie, Micki and me.

2. Repeat with Manny and Mike

3. Repeat with Mulligan

MULLIGAN STEW THEME

1. GET IT ALL TOGETHER,
   COME FROM NEAR AND FAR,
   TELL ME WHAT YOU'RE EATING,
   I'LL TELL YOU WHAT YOU ARE,
   MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.

2. SOCK IT IN THE SUNSHINE,
   SWING IT IN THE SNOW,
   GROOVE DOWN BY THE SCHOOLYARD,
   FOOD WILL MAKE YOU GROW.
   MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.

3. YOU GOTTA LEARN A BRAND NEW ALPHABET,
   A - B - C - D - E AND K,
   CALCIUM AND IRON MINERALS,
   THEN YOU'RE READY TO TAKE IT AWAY.

4. YOU CAN BE A STRONG MAN,
   LOOK AND FEEL FINE,
   EAT A BALANCED DIET,
   GO TO THE HEAD OF THE LINE,
   MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.

5. DON'T LISTEN TO THAT GUY WHO SAYS,
   VITAMINS ARE NO GOOD,
   YOU ARE MADE OF SKIN AND BONES,
   HE IS MADE OF WOOD,
   MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.

   REPEAT 3.

   MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW,
   MULLIGAN STEW, MULLIGAN STEW, MULLIGAN STEW.

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